

**\$1.89
EACH** NEW
SLIDERS



Limited time offer at participating locations.
© 2016 Arby's Restaurants, LLC.

Calgary metro

Your essential daily news | WEDNESDAY, JUNE 15, 2016

FOR THE LOVE OF LEMONS

Vegetarian recipes make this summer citrusy
metrolife



High 19°C/Low 6°C Mostly sunny

SOUNDS LIKE SPEEDERS HAVE A CASE OF THE MONDAYS
Calgary police data shows most tickets issued at beginning of the week
metroNEWS

ISTOCK

Carbon tax will cost \$1M in 2017, says schoolboard

EDUCATION

Expert panel to examine impact on schools, charities

Lucie Edwardson
Metro | Calgary

The Calgary Board of Education said the NDP's new carbon tax levy is going to cost them nearly \$1 million in the 2016-2017 school year — taking money from an already cash-strapped budget.

While presenting highlights to the upcoming school year's budget, CBE chief financial officer Brad Grundy said the carbon tax is a "cost driver," that's "largely beyond our control."

"The provincial government is implementing a carbon tax. Given our more than 200 facilities we are estimating the impact of that to be just over \$650,000," he said. "We estimate a further \$300,000 impact for our transportation program."

Grundy said as of Tuesday, the CBE understands there will be no help from

Alberta Education to cover these new costs and the CBE will have to absorb them with the budget they have

He said the money spent on the carbon tax is simply "dollars out the door."

"I would observe that the cost of a teacher is probably around \$115,000 range, so this is the equivalent to about eight teachers," said Grundy.

Environment and Parks Minister Shannon Phillips said an expert panel will be examining the impact the carbon tax has on schools, charities and other public institutions.

"They'll provide us with some advice on the right programs to reduce their costs and therefore their emissions," she said.

Grundy said he hopes to see the money come back to school boards to invest in green projects within CBE when the government's investments start to pay off — which Phillips said is the plan.

"We're committed to ensuring we have the right advice and information to ensure that at full implementation, school boards and others have the right tools to reduce their emissions."

INTRODUCING THE ALL-NEW 2016

RAV4
HYBRID

toyota.ca





Drive less? Pay less.

Get rewarded for taking the CTrain.



INTRODUCING **Drivewise**

Just plug the Drivewise device into your car's dashboard and it records your safe driving behaviour such as maintaining low mileage, avoiding excess speeds and not driving late at night.

The safer and less you drive, the more you can save. There's no downside and it won't increase your premium. In fact, you'll save **10%** just for signing up for Drivewise, plus an additional **5%** for using the TESTDrivewise app.**

Call 403-755-4941 to get started.



*Feature is optional. Subject to terms, conditions and availability. Your savings may vary. Savings apply to major coverages only. **To qualify for the sign-up 10% discount, you must enroll in the Drivewise program. If you simply download the app without enrolling, no discount will be applied. To receive the additional 5% discount, you will need a minimum of 5 trips recorded and submitted for validation on the app. Coverage, perils, discounts and availability may vary by region. Trademark owned by Allstate Insurance Company, used under licence by Allstate Insurance Company of Canada. © 2016 Allstate Insurance Company of Canada

Low-mileage
good drivers can
**SAVE
UP TO 30%***
on car insurance

Your essential daily news

Maple syrup hits sweet year with 4.2M gallons produced in U.S. and 13.5M gallons in Canada.



Laneway design rules needed

DEVELOPMENT

Regulations would boost public interest: Councillor

 **Helen Pike**
Metro | Calgary

Laneway housing has many potential benefits for the fabric of Calgary's sprawling city, according to planners and councillors alike, but there's an overwhelming issue to be heard on the narrow and tall trend: design.

Coun. Druh Farrell thinks for the laneway houses to take off, Calgary needs to turn to other jurisdictions and follow suit with design regulations to help boost public interest and halt the practice from turning into just another suite debate.

On Monday, tucked among 20 suite applications was one that challenged council: a laneway house facing an alleyway that neighbours feared would give new residents a "bedroom view."

Although there was opposition in the form of more than 25 community letters, council ultimately voted to accept the application.

But many concerns could have been quashed with a blueprint.

"Our absence of design guidelines for laneway units is hurting us," said Farrell. "Some are beautifully designed, some are

very flat-footed and insensitive to their neighbours."

She said if the laneway units were designed better, opposition to the builds would evaporate.

Vancouver has specific design rules for these builds. Laneway homes have maximum height restrictions to stop shadowing, and address privacy issues. Windows are also restricted to face away from other's properties and skylights are often used to lighten the homes.

Mark Erickson and Matthew Kennedy are co-owners of Studio North, a design firm based in Calgary that's carving a niche from these laneway housing


Our biggest thing is knowing the site, the parameters, the sightlines and the trees, all the things that are pre-existing.
Mark Erickson

projects. Both said their approach when building laneway homes is a modest one, with collaboration at the forefront.

"Our biggest thing is knowing the site, the parameters, the sightlines and the trees, all the things that are pre-existing," Erickson said. "It's not a blank slate at all. That's the biggest thing to understand."

Studio North engages neighbours and looks at the houses in the neighbourhood to match designs, but Kennedy said guidelines, like those in Vancouver would definitely help the process.

Farrell has already asked the city to develop design guidelines for laneway units when the city discussed lot width allowances for suites — and it was approved unanimously. She said the city already has worked on design guidelines for laneway units when administration was planning to allow blanket legislation for inner-city wards.

"Our inability to come to a consensus or a majority on suites is really hampering our ability to address some of the outstanding issues," said Farrell.



Pictured are four laneway housing projects by Studio North, one nearing completion in Calgary. CONTRIBUTED/ STUDIO NORTH

CALGARY BY NIGHT
Ca Vũ Nhạc



Vietstar



Sat, 02 July, 2016



CALGARY BY NIGHT
Ca Vũ Nhạc



TICKETS AVAILABLE AT
GREYEAGLERESORTANDCASINO.CA

GREY EAGLE
RESORT & CASINO
ON THE BEAUTIFUL TSUUTINA NATION

OR BY PHONE 1.866.943.8849 OR
AT THE GREY EAGLE EVENT CENTRE BOX OFFICE

Weed counselling regulated

HEALTH

City establishes rules for clinics prescribing marijuana

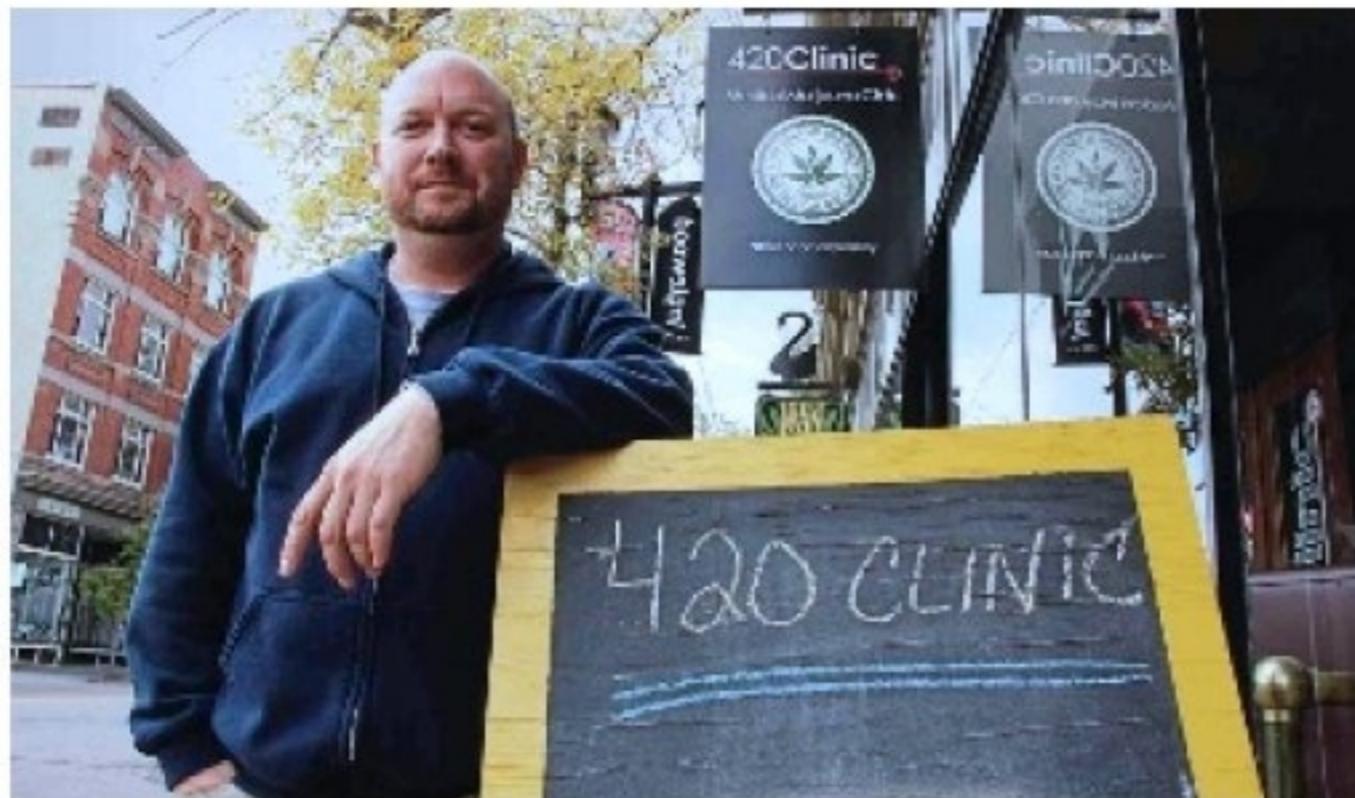
Helen Pike
Metro | Calgary

Calgary has now begun regulating marijuana counselling services, sparking debate over fears of what the pot-peddling establishments could become.

Medical marijuana counselling services are now required to apply for a building permit and ensure they're not within 300 meters of one another, while also not being within 150 metres of a school.

These measures were introduced in hopes of getting ahead of what some, including mayor Naheed Nenshi, fear could be a crowding out of businesses and the tarnishing of neighbourhoods with pot leaves.

Medical dispensaries are illegal, and in Vancouver the local government has had hun-



420 Clinic owner Jeff Mooij has seen his medical marijuana counselling business grow rapidly.

METRO FILE

dreds pop up, prompting raids as well as retroactive attempts to regulate the storefronts.

"With Vancouver it started out as counselling, and sort of morphed into dispensaries, it kind of ended up becoming a runaway train," said Calgary police Sgt. Keith Hurley.

He noted the goal with

the bylaw was not to prevent people from opening up counselling services, but to control signage and community standards.

"Do we have any land-use bylaw regulations with regards to head shops? The sale of medical marijuana paraphernalia?" asked Coun. Peter Demong —

knowing the answer is: No.

Demong asked if there's a legal ramification about limiting "people talking."

"They're offering marijuana as an alternative," said Sgt. Hurley. "It could be very impressionable to certain people who don't have the requisite knowledge to understand what

With Vancouver it started out as counselling, and sort of morphed into dispensaries.

Sgt. Keith Hurley

the effects of that would be ... we want it to be seen as a medical issue, not a recreational issue."

There are two medical marijuana counselling establishments in Calgary; they don't sell or distribute the drug, merely administer prescriptions from a medical physician.

The vote was 10 for and three against, after a morning of raucous debate that at one point had Coun. Diane Colley-Urquhart ready to throw in the towel; she said could see there wasn't support for her motion.

In the end, Colley-Urquhart's motion passed. It seemed many councillors were swayed by Nenshi's plea to "get ahead" of the issues other jurisdictions in Canada are facing surrounding illegal dispensaries.

+ UP AHEAD

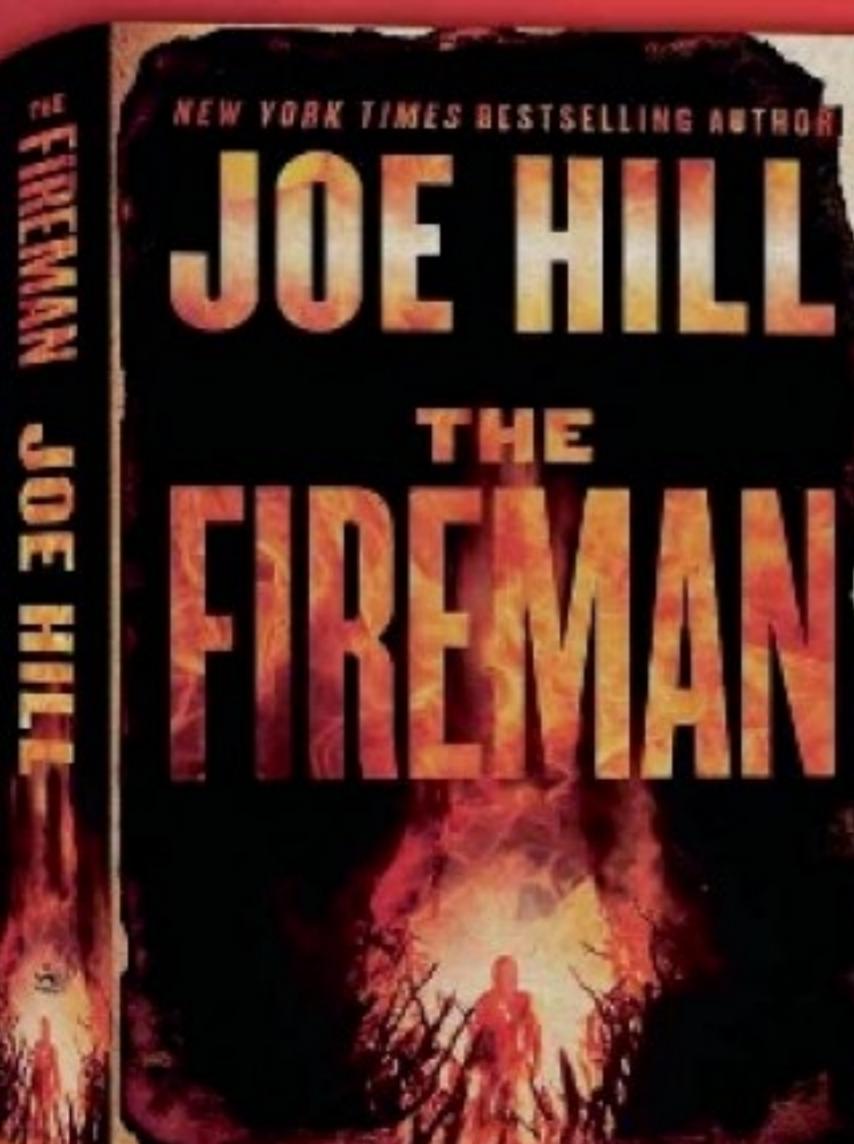
Marijuana counselling: Perception vs. reality

It was a lot of time spent on something that soon will need to change; that's the opinion of the owner of one of the two businesses currently offering marijuana counselling services in Calgary.

"We came late to the game, basically. This is something that should have been done two years ago," said 420 Clinic owner Jeff Mooij. "We're a year away from legalization, probably, so nobody is going to open up medical marijuana counselling services anymore."

As for the fear of counselling services turning into illegal dispensaries? Mooij said that goes against the clinic's business licence, and wouldn't happen.

"The biggest problem with this whole industry is the perception versus reality," he said. "We're just dealing with medical patients ... to continue to put it in the same light as what they always show in the media ... they're two different things."

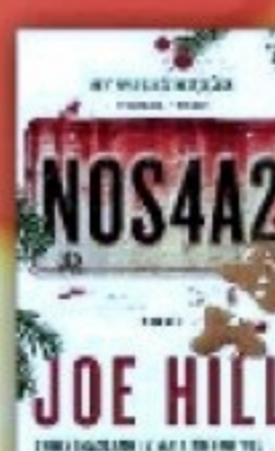


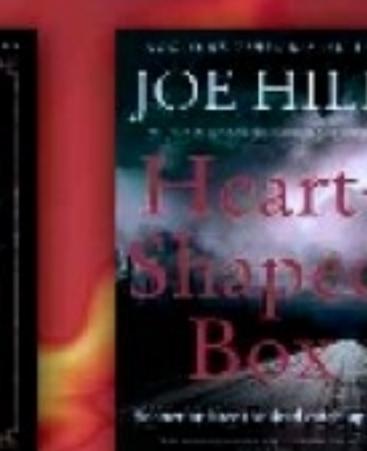
#1 NEW YORK TIMES BESTSELLER

KEEP DAD COOL THIS FATHER'S DAY WITH THE NEW NOVEL FROM BESTSELLING AUTHOR

JOE HILL

ALSO AVAILABLE





Discover these books and more at harpercollins.ca



TRY IT OR BUY IT

E V E N T

THE 24 MONTH LEASE

- SUPERSTRUCTURE™
- 7" TOUCH-SCREEN DISPLAY WITH ANDROID AUTO™
- STANDARD HEATED FRONT SEATS
- HEATED LEATHER-WRAPPED STEERING WHEEL
- BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT

Ultimate model shown*

- 5-YEAR WARRANTY^{††}
- 17" ALLOY WHEELS
- 5" TOUCH-SCREEN DISPLAY
- REARVIEW CAMERA
- BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT AND LANE CHANGE ASSIST
- HEATED REAR SEATS

Ultimate model shown*

2016 TUCSON 2.0L PREMIUM FWD

TRY IT

LEASE FOR ONLY
\$69 WEEKLY | AT **0.9%** | FOR **60** MONTHS | INCLUDES A **\$1,000** WELCOME BONUS^Δ

BUY IT

OR **0%** FINANCING FOR **60** MONTHS[†] + **\$1,000** WELCOME BONUS^Δ

WITH \$0 DOWN

THE ALL-NEW 2017 ELANTRA GL AUTO

TRY IT

LEASE FOR ONLY
\$59 WEEKLY | AT **0.9%** | FOR **24** MONTHS | INCLUDES A **\$750** WELCOME BONUS^Δ

WITH \$0 DOWN

BUY IT

OR **0%** FINANCING FOR **60** MONTHS[†] + **\$750** WELCOME BONUS^Δ

- 5-YEAR WARRANTY^{††}
- HEATED FRONT SEATS
- 5" TOUCH-SCREEN DISPLAY
- REARVIEW CAMERA
- 17" ALLOY WHEELS
- BLUETOOTH® HANDS-FREE PHONE SYSTEM

2017 SANTA FE SPORT 2.4L FWD

BUY IT

FINANCE FOR ONLY
\$79 WEEKLY | AT **0%** | FOR **84** MONTHS[†] | INCLUDES A **\$1,000** WELCOME BONUS^Δ

TRY IT

OR **0.9%** LEASING FOR **24** MONTHS[†] + **\$1,000** WELCOME BONUS^Δ

WITH \$750 DOWN



H-Factor

THIS IS HOW WE DO IT.

visit HyundaiCanada.com

5-year/100,000 km Comprehensive Limited Warranty^{††}

5-year/100,000 km Powertrain Warranty

**5 YEAR
WARRANTY**

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance



FORT MCMURRAY

Doctors to test lungs of children

 **Jeremy Simes**
For Metro | Calgary

Alberta doctors have launched a clinical assessment trial to understand how Fort McMurray's air quality will affect children's lungs after wildfires decimated the region in early May.

Dr. Irena Buka, director of Edmonton's Children's Environmental Health Clinic, said doctors spearheaded the trial after learning arsenic ash was found at some sites in the city.

"We need to plan for these type of events," she said. "This isn't going to be the last time there's a fire in Alberta."

The assessments, which will occur at multiple clinics in Edmonton, are open to children ages 6 to 17 who are either diagnosed with asthma or use puffers for chest wheezing, or have never had an asthma diagnosis or used puffers.

Buka said physicians will measure lung function by using a specialized computer, where children will be asked to blow into a special tube, upon parental consent.

She said doctors want to assess children as they begin resettling in Fort McMurray and then reassess kids at intervals of one week, one month and two months.

The goal of the assessments, Buka said, is to ensure that children get good clinical care.

"We could enhance standards of clinical practice so that doctors have a clearer idea of what needs to be done in these situations."

She said doctors plan to submit an application to turn the data into an in-depth research study to determine what lessons can be learned.

Board investigating after firearm threat

STUDENT SAFETY

High school to heighten security until end of month

 **Lucie Edwardson**
Metro | Calgary

Students at William Aberhart High School are being asked to leave backpacks and handbags at home — bringing only the necessities in a clear ziplock bag — following a firearm threat made by a student in an anonymous survey.

This comes in a second letter sent out to parents by school principal Tamie Annis-Johnson asking students bring only the ziplocks to school during exams as an "additional precautionary security measure," on top of an already heightened security presence involving privately hired guards and Calgary police on campus until the end of the month.

"I'd like to ask that students not bring backpacks or handbags to their exams," wrote Annis-Johnson. "She said the usual school practice is to offer a 'coat check' where students can leave their personal belongings during the exam.

"Under the circumstances, we ask that students only bring the necessary items in a ziplock bag or small pencil case," she said.

Heather Rose, who's son Cameron attends Aberhart, said she found the threat in itself unsettling, but said she's happy with how the school is handling things.

"It's pretty disturbing to think somebody is even doing it as a joke. I'm always concerned it's just a copycat and someone is doing it just to get attention."

Heather Rose, parent



It's pretty disturbing to think somebody is even doing it as a joke. I'm always concerned it's just a copycat and someone is doing it just to get attention.

Heather Rose, parent

ing it as a joke. I'm always concerned it's just a copycat and someone is doing it just to get attention," she said.

"I think the fact that the school has taken it as seriously as they have and the fact that they have security and police

on site makes me appreciate they're taking it so seriously."

Annis-Johnson said the school had already cleaned out all the lockers last week, and has requested the CBE crisis response team be present at the school until the end of June.

"In addition to offering support for students and staff who may be feeling anxious, they will be able to assist us in responding to your inquiries," she said.

In an emailed statement, the CBE said the IT department is currently investigating the source of the threat.

"We are working with the administrator of the survey and CBE's IT department to try to identify the student, whether the threat was written with intent to carry it out, or was simply an ill-conceived prank," they said.



William Aberhart High School is taking extra security measures following an anonymous threat made through an online survey where a student said they would shoot a firearm at the school before the end of the month. WIKIMEDIA COMMONS

CRIME

Man charged in tobacco seizure

A Calgary man is facing smuggling charges after attempting to bring a large amount of tobacco into Canada in April of this year.

According to the Canada Border Services Agency (CBSA), Abdul Al Khaqani, 56, of Calgary was charged with smuggling, making false statements, failing to report imported goods, and wilfully evading the payment of duties on imported goods for attempting to bring 222 kilograms of undeclared tobacco into the country at the North Portal border crossing April 6.

The CBSA said this incident represents their largest seizure of tobacco in the Prairie Region in at least five years.

In 2015, the CBSA seized 24,137 cigarette cartons, 134 cigars and 45,067 kg of other tobacco products across the country. METRO

IN BRIEF

Alberta organizes donation drive for Fort McMurray residents

Alberta is organizing a centralized donation program for residents of fire-ravaged Fort McMurray and says it will avoid mistakes from the Slave Lake fire when new clothes ended up in the garbage dump.

Larivee says the province is partnering with the Adventist Development and Relief Agency to co-ordinate donations.

Items still being accepted include gently used furniture, food, bedding, baby food, bottles and formula.

THE CANADIAN PRESS

EDUCATION ASSISTANT DIPLOMA PROGRAM BE CAREER READY in only 28 weeks

- Alberta Government Licensed Program
- Apply To A High Demand Programs
- Small Class Sizes, One To One Attention
- Flexible Morning, Evening, and Weekend Classes
- Hands-On Training with State-Of-The-Art Labs
- Financial Aid And Employment Services Available

ENROLL NOW! 403.457.6400


Evergreen
College

Preparing Professionals for the Real World 1-3516 26th Street NE | evergreencollege.ca

CALGARY • TORONTO • MISSISSAUGA • BRAMPTON • SCARBOROUGH • MARKHAM

OUR OTHER PROGRAMS

- Hospitality Management
- Health Care Aide
- Unit Clerk & Medical Office Admin
- Pharmacy Assistant
- Computer System and Network Specialist
- Oil & Gas Administration
- Legal Assistant
- Community Service Worker
- Computerized Accounting and Payroll
- Process Piping Drafting
- Education Assistant

VISIT OUR NEW SHOWHOMES



walden

726 Walden Drive SE
403.201.5754

Built for real life.
CARDELHOMES.COM

CARDEL
HOMES



Tell us how you really feel.

Join our online reader panel and help make your Metro even better.

metronews.ca/panel

IT'S EASY TO GET INTO AWARD-WINNING VALUE.

- 2.0L Engine
- 160 Horsepower
- Automatic Transmission
- SYNC® Enhanced Voice Recognition[†]
- Rear View Camera[†]
- 16" Aluminum Wheels
- Air Conditioning



LEASE THE 2016 **FOCUS SE SEDAN OR HATCH**

\$98[‡] | **0.79%** | **60** | **\$1,645**
EVERY 2 WEEKS | APR | MONTHS | DOWN
OR EQUIVALENT TRADE

OFFER INCLUDES \$800 LEASE CASH WHEN FINANCED THROUGH FORD CREDIT
AND \$1,700 FREIGHT AND AIR TAX.

OR CASH PURCHASE FOR
\$21,831^{*}

OFFER INCLUDES \$1,700
FREIGHT AND AIR TAX



IT'S **EASY** TO
GET INTO A **FORD**

Shop now at findyourford.ca or drop by your Alberta Ford Store.



Go Further



Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). Until June 30, 2016, lease a new 2016 Focus SE Automatic Sedan or Hatch and get as low as 0.79% lease annual percentage rate (APR) financing for up to 60 months on approved credit (DMC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease this vehicle with a value of \$19,366 (after \$1,645 down or equivalent trade-in and Ford Credit Red Carpet Lease Cash of \$800 deducted), and including freight and air tax charges of \$1,700 at 0.79% APR for up to 60 months with an optional buyout of \$2,216; monthly payment is \$207 (the sum of twelve (12) monthly payments divided by 26 periods gives a bi-weekly payment of \$96), and total lease obligation is \$14,365. Taxes payable on full amount of lease financing price after Ford Credit Red Carpet Lease Cash deducted. Additional payments required for PPI, registration, security deposit, RKF fees (where applicable), excess wear and tear, and late fees. Lease offer excludes variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, administration fees, any environmental charges or fees, and all applicable taxes. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometreage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. *Until June 30, 2016, cash purchase a new 2016 Focus SE Automatic Sedan or Hatch for \$21,831. Offer includes freight and air tax of \$1,700 but excludes variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, administration fees, any environmental charges or fees, and all applicable taxes. †The Best Buy Seal and other licensed materials are registered certification marks and trademarks of Consumers Digest Communications, LLC, used under license. For award information, visit consumerdigest.com. ‡Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. Don't drive while distracted. Even with SYNC, only use phones/other devices when safe. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

Bar told to ditch Pride flag

REACTION

Landlord says owner broke lease agreement

Jeremy Simes
For Metro | Calgary

Calgary LGBTQ bar Twisted Element's owners were ordered to remove their giant Pride flag Tuesday afternoon, after their landlord said they broke their lease agreement.

On Sunday, Twisted Element hoisted the rainbow flag to commemorate the 49 people who were gunned down at a popular gay nightclub in Orlando.

Days later, Twisted Element owner RayJean Fafard was ordered to remove the massive flag because it covered the windows of another tenant, who is currently not physically in the space.

Fafard said the dismantling of the Pride flag is a "slap in the face" to the LGBTQ com-



Twisted Element owners Clifford Andrews and RayJean Fafard were upset when they were ordered to remove the giant Pride flag from their building. JEREMY SIMES / FOR METRO

munity.

"This is how we show our support in times of crisis," he said right after the flag was removed. "We fly our colours and we fly them high and as big as we can. We assume that everyone would be on

the same side, but I was mistaken."

But Twisted Element went too far, according to the building's landlord Trevor Tomanik.

"It doesn't matter if the tenant is in there or not," Tomanik said. "I said, 'Guys,

you didn't have permission to do this.' Our lease clearly states you need permission."

Farfard said he was only going to leave the flag up until the weekend, adding he didn't think to ask for permission given the circumstances.

We fly our colours and we fly them high and as big as we can. We assume that everyone would be on the same side, but I was mistaken.

RayJean Fafard

"It was a knee-jerk reaction," Fafard said. "It something that needed to be done and we did it."

But rules are still rules, Tomanik said.

"I'm in breach of my lease with my second-floor tenant if I don't ask them to take it down," he said. "If they would have asked ... it probably would have been fine."

Fafard said the Pride flag acts as a beacon in wake of the Orlando shooting.

"It's like, 'Hey, we're with you,'" he said. "But I guess you can't take anything for granted."

+ SAFETY

Police asked to stop by

Twisted Element has requested some Calgary police officers stop by on the weekends to ensure club-goers that all is safe.

"We want to reassure our customers we are looking out for them," said RayJean Fafard, owner of the LGBTQ bar Twisted Element.

Fafard's comments come in light of the Orlando shooting that killed 49 people in a popular gay bar.

"This will create confidence and make people feel a little bit safer," he said.

Calgary police said one of its diversity resource officers has been working with the bar.

The club will be throwing a party on Friday to celebrate LGBTQ pride.

JEREMY SIMES/FOR METRO



This will make people feel a little bit safer.

RayJean Fafard

The Camera Store

The best Canon deals of the season on now.

Treat him this Father's Day.

Canon EOS Rebel T6 with 18-55 mm IS STM kit
Save \$140 Price \$559.99

Canon EOS REBEL T6

*The unit and its lens shown, as measured through the NPD TrackTrac Tracking Service from October 2010 to January 2011 for the Digital SLR Camera category in the Canadian market.

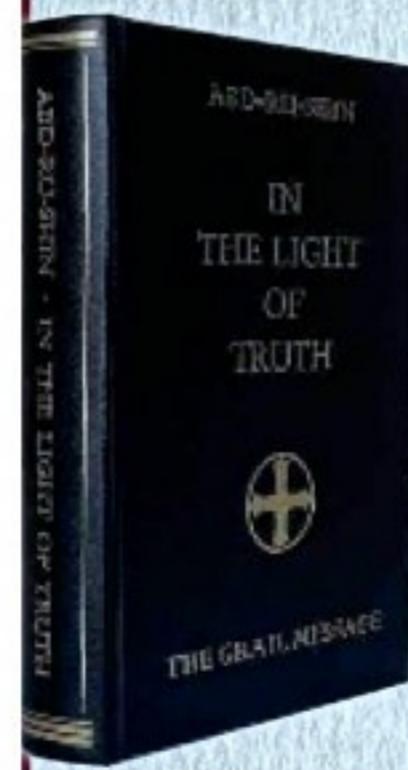
802 - 11TH AVENUE S.W. CALGARY | (403) 234-9935 | 1-888-539-9397

www.thecamerastore.com

Why is This Happening to Me?

A Lecture Based on the Work

"IN THE LIGHT OF TRUTH" – The Grail Message



Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors – job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, "In the Light of Truth", the Grail Message.

DATE: Saturday, July 30, 2016 **PLACE/VENUE:** Canadian Room, Sheraton Cavalier Calgary Hotel, 2620 32 Ave NE, Calgary, AB

TIME: 1:00pm – 3:00pm **PARKING & ADMISSION:** FREE

RSVP: Chileneye by Phone: 587-719-0955 or Ebere by Phone: 403-830-4281
Email: info@alexander-bernhardt-canada.com
or enyenwapi@yahoo.com

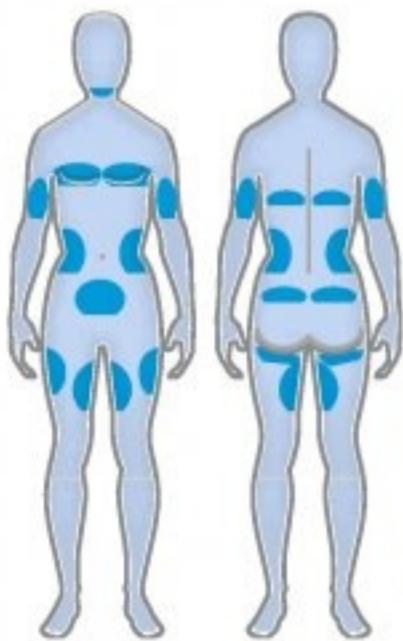


Aesthetics Today



coolsculpting

FREEZE AWAY FAT IN ALL THE RIGHT PLACES!



- » Chin
- » Chest
- » Flanks
- » Arms
- » Stomach
- » Lower Back
- » Upper Back
- » Inner thighs
- » Outer thighs



WE CATER TO BOTH MEN AND WOMEN!

Book a free consultation

403.719.6523

We do lots of other **COOL STUFF** too!

www.skinpossible.ca



RIGHT NOW YOU CAN SAVE:

- 10% OFF Skinny Jeans package
- 15% OFF New You package
- 20% OFF Transform Yourself package

Skinpossible
LASER & LIGHT SOLUTIONS

ARE YOUR ARMS READY TO COME OUT OF HIDING?

What will you be wearing this summer, Ladies? If sleeveless tops and sundresses are not in your wardrobe plans because you don't feel confident revealing your arms, CoolSculpting can change that.

If you've read my previous articles about CoolSculpting, you already know that CoolSculpting is clinically proven to freeze away fat. CoolSculpting works well, achieving results that are comparable to liposuction, but without the risks, discomfort or downtime of surgery.

It works fantastic on arms!

During a treatment a thin protective pad saturated with coupling gel is placed on the treatment area. This protects the skin from frostbite. The appropriate applicator is applied and then you simply relax comfortably while the fat freezes. When the fat cells are frozen they crystallize and undergo apoptosis. What this means in layman's terms is that the cold exposure causes the cells to die much the same as they would from natural old-age. After the treatment the crystallized fat cells clear gradually through the body's natural physiological process.

Those fat cells are gone for good!

Coolsculpting is most often used to target fat on the abdomen, the outer thighs, and the flanks. Other areas that patients commonly seek out include back fat, manboobs, inner thighs, double chins, and arms. In most cases only one treatment is required, although patients looking to debulk may require a second round. If you are within thirty pounds of your ideal weight you could be a candidate for CoolSculpting.

Book your assessment today!

Skinpossible is a Premier CoolSculpting service provider. We have performed over 3,000 of these treatments to date and are the only clinic in Alberta to have three Coolsculpting machines. What that means is that we can treat more than one area of the body at the same time. This saves our patients time. Then use that extra time to go shopping for some new sleeveless attire to keep you cool when the hot weather arrives.

There are other laser clinics so why choose Skinpossible? Because not all treatments work equally well. At Skinpossible we pride ourselves in offering only the very latest in breakthrough technologies. We have more technology than any other clinic in Calgary and all of our technology is tier-one within its class.

Every month we put several of our treatments or products on sale. Sign up for our monthly emails and you will never miss a special. We also use this email to announce new treatments and practice patient opportunities. We won't spam you. If you do not wish to receive this email, simply unsubscribe.

Our style of consultation is educational. During a consultation we take the time to thoroughly explain your options and make sure you have all of the information you need to make an informed decision. No pressure. No obligation. Consultations are free and so is parking.





A CPS officer mans a photo-radar machine to catch city speeders. METRO FILE

Parents and students join us for free

Information Technology Info Sessions

Choosing the program that's right for you is a big decision. That's why SAIT offers information sessions – your golden opportunity to discover your program options, ask questions and sometimes, tour our campus.

Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca.

FAST TRACK INFORMATION TECHNOLOGY TRAINING

Information technology drives business and touches every aspect of life. Launch your IT career in just months through SAIT's skills-based, Fast-Track programs. Seats are available in the following programs:

- Database Administrator
- Technology Infrastructure Management
- Network Technician
- Object-Oriented Software Development
- Web Developer

Join us on Wednesday, June 15 at 7:00 pm in Room MD321 in the Stan Grad Centre.

Email fast-track@sait.ca to confirm your attendance or for more information.



Monday the worst day for speeders

TRAFFIC SAFETY

Conversely, people get fewest tickets on Fridays

Lucie Edwardson
Metro | Calgary

It's Monday morning, you spilled coffee on yourself, the kids didn't eat breakfast and now you're rushing to work — and then, you get a speeding ticket.

According to Calgary police, this likely isn't too far off for many residents, as 9,177 manned enforcement speeding tickets were dished out last year on Mondays alone — the highest number of any day of the week.

Staff Sgt. Paul Stacey said although there's no way to know for sure, it appears that as the weekend closes and the

work week begins, people tend to rush a bit more while driving.

"Their brains aren't in gear yet, and by the time they get in gear it's time to wind down for the weekend," he said.

"I think it's a cycle we see every week here — you can just feel it — Mondays typically people are coming back to work and they're a little scattered and they aren't quite with it yet."

He said even he isn't fully with it on a Monday.

"Me for example, I know my first day back to work I never sleep as well the night before because I'm thinking about all the things I have to do at work," he said.

According to CPS, the number of manned enforcement tickets decreases toward the end of the work week. Friday had the fewest tickets, coming in at 7,665 in 2015, a difference of 1,512 between Mondays and Fridays.

Stacey said this is likely due to people feeling less

9,177

Calgary police said that 9,177 speeding tickets were handed out to motorists on Mondays throughout 2015.

stressed heading into the weekend.

"On Fridays people leave early or they take a flex Friday and don't go to work at all, so quite often there appears to be a lot less traffic on the roads," he said.

Stacey said that while doing manned traffic enforcement, CPS tries to man all days of the week equally.

"We try to blanket it in an even way because there is no one day over the other that you tend to see more crashes or that sort of thing," he said.

In 2015, Calgary police handed out a total 59,976 manned enforcement tickets.

EDUCATION

U of C law student earns Canadian, U.S. degrees

The dean of the University of Calgary's law school describes recent graduate Fraser Wayne as a man with quiet determination and drive — something he said served Wayne well as he completed not one but two law degrees.

"It's a combination of three things that sets Fraser apart from others," said Ian Holloway. "He's got a great sense of adventure that not enough lawyers have. He's got a quiet determination and drive, and the ability to plan in the long term — an ability many people his age don't possess."

Wayne recently graduated from the U of C's International Energy Lawyers Program (IELP) — a program that gives law students the opportunity to study both Canadian and American law, earn two degrees simultaneously and gain cross-jurisdictional knowledge.

"I was interested in energy law and I was mainly interested because I liked the idea of going down to Houston for two years and getting to experience a new city and a new country, and learning a new jurisdiction," Wayne said.



Fraser Wayne recently graduated from the U of C's International Energy Lawyers Program, earning him both Canadian and American law degrees. COURTESY RILEY BRANDT, UNIVERSITY OF CALGARY

"I also felt it had really good professional value to it."

To complete IELP, Wayne spent two years studying in Calgary and two years studying in Houston. He said it was initially a big adjustment but he wouldn't change it.

"It's a forward-looking program because especially in energy law going forward, there are so many interactions

between countries, so to have an understanding of both Canadian and American law — who are massive trade partners — I think is going to be very valuable," he said.

Wayne will write the Texas bar exam at the end of July and begins articling this August at Burnet, Duckworth & Palmer.

LUCIE EDWARDSON/METRO

Apple Pay. Shop with comfort. Pay with ease.



Introducing Apple Pay with TD.

Now you can use your personal TD Access Card or TD Visa* Card with Apple Pay.

A fast, easy and secure way to pay so you can shop with confidence.

Learn how to add your card
[at td.com/applepay](http://td.com/applepay)



Banking can be
this comfortable.



Dancing for the Stars

TALENT

Girl on stage with Bieber, and on TV with Paula Abdul

Aaron Chatha
Metro | Calgary

Normally there's not much to be happy about on a Monday — but the average Monday doesn't usually involve both a So You Think You Can Dance competition and Justin Bieber. Twelve-year-old Calgarian

Tate McRae's audition in front of Paula Abdul and the other So You Think You Can Dance judges aired on Monday night, where she heel kicked into first position — winning a ticket into the next round.

But while the nation watched her prerecorded audition on television, McRae was stealing the spotlight next to one of Canada's most recognizable icons, Justin Bieber, in the Saddledome.

"It was surreal dancing with Justin Bieber," she exclaimed. "I never thought I'd be able to do this. I was dancing in front of 19,000 people, so it was a huge moment."

It was surreal dancing with Justin Bieber ... I was dancing in front of 19,000 people, so it was a huge moment.

Tate McRae

McRae was one of four Calgarians chosen to dance alongside Bieber to the song Children. The process started months ago when Bieber's choreographer uploaded the dance moves on YouTube and challenged kids in each tour city to learn the moves and send in a video of themselves performing.

McRae has been dancing for half of her life, so it wasn't a stretch to pop and lock into the choreography.

Her talent goes beyond dancing — for a year-and-a-half, McRae lent her vocal talents to the Nickelodeon show Lalaloopsy, playing four characters.

For the summer, however, her heels are firmly set to leap forward with So You Think You Can Dance.

She moves onto the Academy round to learn new choreography, and the top 10 contestants will be selected to dance on from there.



A huge fan of Justin Bieber, she said he briefly met with the dancers to share high fives, learn their names and wish them good luck. COURTESY NICOLE BREANNE

INVESTIGATION RCMP seek wildfire info

Brodie Thomas
Metro | Calgary

RCMP working with provincial fire investigators want to speak to anyone who used the Horse River Trail System in the days leading up to the Fort McMurray wildfire evacuation.

Cpl. Hal Turnbull with the Alberta RCMP K Division said as they rule out natural causes, they're left with human activity-related causes. They're focusing on the Horse River area, which is where the fire was first spotted by an airborne crew May 1.

They want to speak to anyone there from April 29 to May 5.

When asked if someone who unintentionally started the fire might face charges, Turnbull said it would depend.

"Something of this magnitude, I'm sure investigators will take any information they have before Crown prosecutors to get their input as to which offence, if any, would be best supported in a court of law."

Call the RCMP's toll-free wildfire investigation phone line at 1-844-620-9826, or to contact Crime Stoppers at 1-800-222-8477.

Varsity
KICKOFF TO SAVINGS EVENT

0% + 90 DAYS
SALES EVENT
ENDS JUNE 26TH

2016 JEEP CHEROKEE SPORT



\$77 WEEKLY
SALE PRICE! **\$27,698**

2016 DODGE GRAND CARAVAN



\$71 WEEKLY
SALE PRICE! **\$26,998**

2016 RAM 1500 QUAD CAB SXT



\$77 WEEKLY
SALE PRICE! **\$28,998**

2016 DODGE JOURNEY CVP

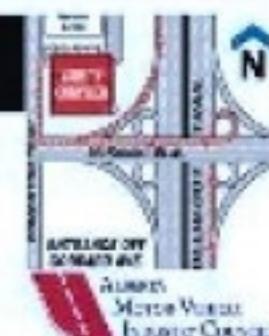


\$61 WEEKLY
SALE PRICE! **\$22,498**

VIEW ALL OUR SPECIALS OR APPLY NOW AT VARSITYCHRYSLER.COM

Varsity
CHRYSLER DODGE JEEP
403-730-4000
665 GODDARD AVENUE NE

ALL PAYMENTS BASED ON 3.49% APR. EXCEPT CARAVAN AND RAM QUAD CAB SXT BASED ON 1.99% APR. ALL REBATES AND BONUS CASH TO DEALER. 0% AVAILABLE ON SELECT UNITS. EG: 2016 JEEP PATRIOT PAYMENTS BASED ON 96 MONTHS AT 3.49%, COST OF BORROWING OF \$2,603.00 AND TOTAL OBLIGATION INCLUDING TAXES \$20,088.64. PRICES INCLUDE FEES, PLUS GST. SEE DEALER FOR DETAILS.



Pipeline leaks near grizzly bear zone

ENVIRONMENT

Company says conduit shut down and isolated

A pipeline leak has spilled 380,000 litres of light petroleum within five kilometres of a provincially designated griz-

zly bear zone in northwestern Alberta, with some of it reaching a nearby creek.

Producer ConocoPhillips Canada says in a statement posted Tuesday on its website that the leak of condensate, a liquid produced with natural gas, was seen at a pipeline right-of-way near its Resthaven gas plant about 65 kilometres northeast of Grand Cache last Thursday afternoon.

Company staff also observed condensate in nearby Webb Creek.

"The pipeline has been shut down and isolated and we have activated our emergency response plan," ConocoPhillips said.

"We have deployed over 150 responders to the site with equipment to contain the release and mitigate any environmental impact."

The company said it reported the leak to the Alberta Energy Regulator. It said it has erected fencing and amphibian barriers to keep wildlife away from the area. A wildlife biologist is also on site.

The regulator said in a news release Tuesday that it had issued an environmental protection order to ConocoPhillips directing the company to contain the release and prevent it

from spreading, while controlling access, collecting water and soil samples and submitting a final report to the AER.

The provincial agency said its staff are at the site, which is in the Little Smoky caribou range and near a core grizzly bear zone. It says condensate was visible as a sheen on the surface of the creek for about 4.5 kilometres below the pipeline leak.

The creek flows to a beaver dam and then into the Simonette River. The AER said the sheen was not visible on the river but an analysis indicated hydrocarbons present at slightly above minimum detection limits.

The regulator said no cause for the leak has been established and an investigation is underway.

THE CANADIAN PRESS



Alexandru Radita weighed less than 37 pounds and died due to untreated diabetes and starvation. CONTRIBUTED

COURT

Mom felt God would cure teen: Doctor

The pediatrician who initially dealt with a starved, diabetic child years before his death said the boy's mother believed her son was misdiagnosed and that "she and God" were going to prove the doctors wrong.

Emil Radita, 59, and his wife Rodica Radita, who is 53, are charged with first-degree murder in the 2013 death of their 15-year-old son.

Alexandru Radita, who was one of eight children, weighed less than 37 pounds and died of complications due to untreated diabetes and starvation.

Dr. Robert White was called to examine the boy at B.C.'s Surrey General Hospital in December 2000 after the emergency room physician suspected the child had diabetes.

White testified that Rodica Radita was convinced the doctor had made a mistake in the diagnosis and she raised the issue several times in the brief time her son was in the hospital.

He said she also made an unusual statement to him just as Alexandru was being transferred to the B.C. Children's Hospital in Vancouver.

"He didn't have diabetes and she was going to prove the doc-

tors wrong and made reference to God in our conversation," White told court.

"She and God were going to prove us wrong. I remember the reference was she was going to prove the doctors wrong and God was going to make him better."

White provided care to Alexandru for several months during which time the doctor suspected there was some problem with the boy's diet and provision of insulin. But his diabetes was under control.

Two years later, White was called to help out again when Alexandru, severely malnourished and near death, was readmitted to the Surrey hospital.

White said the boy was gravely ill. He said there was one more thing that still disturbs him because it showed how unresponsive Alexandru had become. The mother had indicated she was trying to get food and insulin into the boy before his arrival at hospital, the doctor testified.

He noted the boy was so ill they had to remove "a chunk of undigested and unchewed wiener from his esophagus."

THE CANADIAN PRESS

ALBERTA BUSINESS & EDUCATIONAL SERVICES

ABES.CA

**MEDICAL
DEVICE
REPROCESSING
TECHNICIAN**

If you are interested in working with health care professionals

and contributing to the surgical team, then the Medical Device Reprocessing Technician (MDRT) Program can provide you with the knowledge and qualifications you need. The role of the MDRT is to learn and perform all aspects of sterile processing with basic surgical instruments in the health care workplace. ABES is pleased to offer the Enhanced MDRT program. This 40-week program includes classroom and lab work as well as an eight-week work experience in a hospital.

The program also incorporates IAHCMM certification which is a requirement for employment with Alberta Health Services.

**ADMISSION
REQUIREMENTS**

**A GREAT SCHOOL
FOR A REWARDING CAREER!**



Include 2 years Post - Secondary Education in Health Care or Life Sciences. This program is Ideal for foreign-trained Health Care Professionals.

Helping people transform their lives through education

CALL TODAY 1.877.300.6280

ABES.ca

Calgary shows off its brass

JAZZYYC

Annual festival highlights Canada's jazz talent



Aaron Chatha
Metro | Calgary

A jazz musician without a venue is like a using a guitar pick on a saxophone — you're doing it wrong.

Unfortunately, for some time in Calgary, jazz was relegated to corporate events and the occasional contract club show, and lacked a place where it could flourish.

"We don't have a venue anymore — we used to have the Beat Niq," said jazz pianist Sheldon Zandboer. "In a city of this size, jazz musicians need a regular venue in order to keep this art form going. It's important to find out who's in the city, find out what kind of jazz you like and introduce yourself."



Sheldon Zandboer said JazzYYC gives Calgarians a chance to dip their feet into an energetic music genre. AARON CHATHA/METRO

In place of a static venue however, Calgary's imminent jazz performers have found a home away from home in the form the JazzYYC Summer Festival.

The annual festival runs throughout the city from

June 12 to 20, and Zandboer said it's a great way to dip your toes into an eclectic genre of music.

Zandboer will be performing for the first time with his new trio, who first got together to play at Bur-

ton Cumming Music Hall of Fame inauguration.

"The premise was, we're going to play rock instead of the regular jazz background music," he said. "Burton Cummings said, 'You guys sound amazing.' We had a jazz for-

mat band, but we were playing classic rock."

Zandboer, who's been playing since the age of four, said jazz is best listened to live, because of improvisational nature of the music. Each musician adds something new and fun to the mix.

"That's where you see the conversation from musician to musician, and musician to audience," he said, adding a good jazz show can be as dramatic as theatre.

Zandboer plays in JazzYYC on June 16 on Stephen Avenue, and June 19 at Without Papers.

For a full list of performances, visit jazzyycc.com.

“

Live jazz is where you see the conversation from musician to musician, and musician to audience.

Sheldon Zandboer

+ THE GREATS

JazzYYC Summer Festival includes local and international award-winning musicians including:

Legacy Live! JUNO nominees Jens Lindemann (trumpet) and Tommy Banks (piano)

Laila Biali Sting's touring pianist and vocalist, and Juno nominee

Hugh Fraser's VEJI Big Band The prestigious Vancouver Ensemble of Jazz Improvisation

Marianne Trudel Juno nominated pianist, composer, improviser and arranger Marianne Trudel

Listening party hosted by veterans Al Muirhead, Simon Fisk and Mike Rud.

You can put a price on friendship... It's \$350!

**You'll do almost anything for a friend.
We'll do almost anything for you.**

Like give you cash for opening a new personal chequing account—and for every friend you successfully refer. Friendship pays with ATB.

Open an account at any branch or atb.com/friends



*We'd love to fill you in on all the details. Visit us at any branch or atb.com/friends.

ATB Financial



Michael Harvey, Dominic Pinney, Rob Janowski and Steele Duncan form WEBS. CONTRIBUTED

Performers play with their food

IGNITE! FESTIVAL

Kinkonauts house team invites audience to brunch

Aaron Chatha
Metro | Calgary

Waffles, eggs, bacon and sausage — essential components to a great brunch.

Also, a great improv show.

The Kinkonauts house team WEBS (for acronym explanation, see the menu above) is inviting audiences to join them for brunch during IGNITE! Festival this month. The performers will be live on stage, eating real food while performing a 20-minute play entirely off the top of their heads.

The idea is that the audience are people at a restaurant, listening in to a juicy conversation.

"The conversation's so good, it'll have you wanting to order seconds," said Steele Duncan, performer.

He said they chose brunch because it's one of those things in the middle of the day, where people are pushing for meet-

NEED TO KNOW

The groups perform 8 p.m. on June 22 and 23 at the West Village Theatre.

For a complete IGNITE! schedule, visit sagetheatre.com.

ings and decisions, but it's also a bit more relaxed because it's neither breakfast or lunch — it's brunch.

The food will be made, hopefully, about an hour before the show.

"It's almost definitely going to be cold," he laughed.

Duncan said food and table manners go a long way in creating characters on stage.

The conversation's so good, it'll have you wanting to order seconds.

Steele Duncan

"If they hold their fork a certain way, maybe I'll be like, 'Aw, you're gripping that fork like a bear. What I hate about you is you're such a bear.' You charge into the room screaming and clawing at me with your words," Duncan explained, inferring a lot can be inferred from a simple action.

Joining WEBS on stage will be another group called Linked Improv, who use Facebook to acquire "confessions" that will inspire their scenes.

HOUSING

Secondary suite applications soaring

Helen Pike
Metro | Calgary

Secondary suite applications are on the rise, but according to the City of Calgary that's not necessarily a sign of the times.

Since Sept. 1, the city has been offering a deal for those looking to develop their properties by waiving the development application, and application fees. It's like the fire sale of

following building codes — and by all accounts it's working.

The city has completed over 60 builds since the 18-month pilot project began. On top of that, there are 131 more builds under construction. Translation: With over 218 building permit applications so far, the city has doubled from their average.

"We see this, overall, as a positive development that people are bringing forward their suites," said Cliff de Jong, senior special projects officer

with the City of Calgary.

So when councillors are sitting through hours of these applications, de Jong said that's part of the reason why. And although Mayor Naheed Nenshi isn't pleased to hear applicants' dirty laundry, and sob stories, that's how it will stay until the system is changed.

The Canadian Home Builders' Association (CHBA) said there's increased interest in secondary suites and homeowners are turning towards them as a

way to supplement mortgages in the tough times.

"Affordability plays a huge role in the increasing applications of secondary suites," said CHBA spokesperson Sophie Gowsell. "Another reason is that we are seeing an increase in demand for multi-generational housing. One-quarter of Calgary's population are first-generation Canadians and many of these families prefer living together; secondary suites are a part of the solution."

WE PAY CASH FOR YOUR CAR!

CERTIFIED PRE-OWNED

2012 CHEVROLET EQUINOX LTZ AWD

WAS \$24,995

BELOW COST! \$22,995

2012 NISSAN PATHFINDER SE 7 PASSENGER

WAS \$20,995 NOW \$18,888

2015 CHEVROLET EQUINOX AWD

WAS \$26,995 NOW \$24,888

2014 CHEVROLET CRUZE LT LEATHER

WAS \$17,588 NOW \$16,888

2012 GMC CANYON SLE EXT CAB 4X4

WAS \$18,995 NOW \$16,888

2014 RAM 1500 BIG HORN ECODIESEL

WAS \$43,888 NOW \$39,998

2012 CHEV EQUINOX LTZ

WAS \$27,495 NOW \$23,888

2012 TOYOTA HIGHLANDER LIMITED

WAS \$30,995 NOW \$28,888

SHAGANAPPI GM DRIVE IN & CASH OUT

SHAGANAPPI HAS A HUGE NEED FOR PRE-OWNED VEHICLES, TOP DOLLAR PAID FOR 2012 OR NEWER!

NO HASSLE, EASY & QUICK TRANSACTION

REBUILD YOUR CREDIT! GET APPROVED FAST! DRIVE AWAY TODAY

shaganappi.com

SHAGANAPPI

403.536.3431



VISIT OUR **NEW SHOWHOMES**

Walden paired homes are here – with two brand new showhomes to explore. See everything that makes these innovative homes so inviting.

You can live here from the **\$350s**

walden

Visit our sales centre. 726 Walden Drive SE • 403.201.5754

Prices subject to change without notice. E&OE.

Built for real life.
CARDELHOMES.COM

CARDEL
H O M E S



Wendy Keen, the executive director of New Start Counselling, unveils their poster campaign on Tuesday in Halifax. JEFF HARPER/METRO

'My wife makes me angry, so I push her'

CAMPAIGN

Program gives counselling to abusive men

Yvette d'Entremont
Metro | Halifax

Three stark black and white posters with powerful messages were unveiled Tuesday at Halifax Regional Police headquarters ahead of a panel discussion about men's violence against women.

"My wife makes me angry so I push her. My son makes me angry so I push him. I'm angry that I can't be a better man," states one of the posters.

The launch of New Start Counselling's 'On being a better man' campaign raised questions about funding for the organization that provides counselling for men who abuse their intimate partners.

The group received funding to create the impactful posters, but has no advertising budget.

Wendy Keen, executive director of New Start Counselling, said her program is struggling due to a lack of resources. Funded through a provincial operating grant of \$235,000 a year, she said they've been forced to prioritize clients because they only have 2.8 full time counsellors.

"This work is so important because it's not just about men, it's about families," Keen said, noting they could triple their staff next week and still be busy.

As part of the panel discussion on men's violence against



One of the posters featured in the 'On being a better man' campaign. CONTRIBUTED

women, Halifax Regional Police Staff Sgt. Scott MacDonald announced they'd recently expanded their crime prevention unit to include a constable who will focus on domestic violence crime prevention.

"We know...that in many domestic abuse situations the victim will go back to the abuser for a variety of reasons," he said.

"The addition of a domestic violence prevention officer improves our ability to hold the abusers accountable as well as assist them in getting the help they need to change their behaviour and stop the violence."

Alice Housing's executive director Heather Byrne was one of many representatives who attended the event. Her organization provides housing and supportive counselling to women and children leaving domestic abuse.

She applauded New Start Counselling's poster initiative.

"I would just like to commend New Start for continuing their focus on serving men who are the other half of this equation," she said.

"If we are not focusing the time and attention on these men, we are not going to actually reduce incidents of intimate partner violence."

“This work is so important because it's not just about men, it's about families. Wendy Keen

Slain man's family backs ransom plan

PHILIPPINES

Halls say they 'stand with the ideals that built this country'

Relatives of a Canadian man whose expansive, romantic life was cut short by terrorists in the Philippines say despite the tragic end to his story, they agree with Canada's policy of not paying ransom for hostages.

Robert Hall, an adventurous nomad in his late 60s who called his new home a paradise on earth, was captured by a militant group called Abu Sayyaf in September 2015 and was beheaded earlier this week after a deadline for a ransom payment passed.

In a statement distributed by the press gallery in Ottawa on

Tuesday, Hall's family said the efforts to free him were "vast and exhaustive" but in the end, they agree with Prime Minister Justin Trudeau's directive that money not be paid to hostage takers.

"Our family, even in our darkest hour, agrees wholeheartedly with Canada's policy of not paying ransom to those who would seek to undermine the fundamental values with which my father lived his life," said the statement.

"We stand with the ideals that built this country: strength of character; resilience of spirit; and refusal to succumb to the demands of the wretched, in order to satisfy the bloodlust of the weak."

Strength and resilience were certainly part of Hall's own character. Described by his family



Robert Hall
CANADIAN PRESS

as a self-made man who rose up from "the hardships of his own youth," he led a life many might envy.

Hall was born in Calgary but lived in various parts of Western Canada. He ran a series of businesses - a small engine repair shop, a pizza stand, a home renovation company, and a consulting firm - but spent 25 years at his custom welding and fabrication business.

Along the way he experienced many adventures, from building and competing with his own racecars to learning to become a pilot. A gifted athlete, he was a championship wrestler, played football and hockey, and coached soccer and hockey teams. Later in his life, he discovered archery, fencing, and sailing. THE CANADIAN PRESS



Petter Blendheim is seen in his home in Halifax on June 3. THE CANADIAN PRESS

HEALTH

Decorated vet, 94, denied care

The son of a decorated 94-year-old war veteran says he's shocked after receiving word that Petter Blendheim has been rejected once again in his bid to stay in one of 13 beds available at the federally funded Camp Hill Veteran's Memorial hospital in Halifax.

Peter Blendheim, whose first and last names are spelled differently from his father's, said Monday's decision leaves him wondering how to provide safe care for the frail veteran of the Norwegian Royal Navy, who is set to receive Norway's Commemorative Medal in a ceremony on Thursday.

"The sad end to this might

be that he does break his hip. ... It's ridiculous," he said.

The family has conducted a lengthy public battle to gain entry to the hospital for the former merchant mariner, who has recently sustained a series of falls and has a broken arm.

Family members say Blendheim was initially rejected because Ottawa said it didn't admit people who served in "resistance" forces, but Veterans Affairs officials later retreated from that position and told the son that the Norwegian veterans qualified as full allied veterans.

The son says he was then informed Blendheim had to show

he required specialized care that couldn't be provided by a provincially operated nursing home. Blendheim says he was told Monday his father failed to meet that standard.

Instead, the family is being told to apply to enter a provincial long-term care facility, with Ottawa reimbursing the province for the daily costs.

A spokesman for the Nova Scotia Health Authority said the current median wait for a nursing home bed in the Halifax area is 285 days.

A spokesman for the provincial Health Department said Nova Scotia wants Ottawa to reconsider. THE CANADIAN PRESS



ADVANCE YOUR BUSINESS CAREER AND KEEP YOUR DAY JOB

The University of Lethbridge Calgary Campus offers a variety of Management programs so you can take the next step in your career. Enjoy evening and weekend classes, and earn your Management Certificate, Professional Diploma in Accounting, or Bachelor of Management degree in as little as two years.

Apply by August 1 for Fall 2016
uLethbridge.ca/future-student

20
YEARS
1996 2016

University of
Lethbridge

Calgary Campus

MP under fire for petition to loosen laws on AR-15 rifle

BRITISH COLUMBIA

Similar to weapon used in Orlando shootings

David P. Ball
Metro | Vancouver

NDP MP Nathan Cullen took a fellow northern B.C. politician to task Tuesday for sponsoring a petition that would make it easier for Canadians to get their hands on a semi-automatic rifle like the one used in the Orlando massacre and other U.S. mass shootings.

Cullen argued that Conservative backbencher Bob Zimmer's support for reclassifying the AR-15 rifle — a civilian version of the U.S. Army's M-16 assault weapon — as an unrestricted hunting gun is "not defensible."

"Hunters I know don't use this gun for hunting," the New Demo-



A Conservative MP is facing criticism from his peers over his petition to classify the AR-15, a similar model as the gun used in the Orlando massacre, as an unrestricted hunting gun. GETTY IMAGES

crat told Metro in a phone interview. "You certainly wouldn't use it in your practice as a farmer."

"Any argument that says this is simply a hunting weapon probably hasn't been hunting lately. This is not a hunting gun. It's designed to do what it did in Orlando, which is to kill people — and not just Orlando, but San

Diego and Sandy Hook."

Contrary to many media reports since Sunday's Pulse gay bar massacre, the main gun the shooter used was not in fact a Colt Armalite Rifle (AR-15), but another company's adaptation — a Sig Sauer MCX carbine.

Regardless of the name, however, both weapons are civilian

versions of the U.S. military assault rifle M-16, and can be easily modified to illegally make them fully automatic. In Canada, restricted weapons can only be fired at authorized ranges, can only fire five rounds, and require strict permits.

Zimmer sponsored the petition through a new electronic

It's designed to do what it did in Orlando, which is to kill people.

Name of person

system launched last year, and presented it in Parliament on May 13. He did not respond to Metro's interview requests.

The federal government began accepting citizen's electronic petitions last December, but each needs a sitting MP as a sponsor to present them before the House of Commons.

When Zimmer did that, he thanked the petition's Newfoundland creator, "a firearms advocate," adding he was "honoured" to present it to MPs. Zimmer is co-chair of the Parliamentary Outdoor Caucus, which hosted a "Caucus Shooting Day" event for MPs to fire guns at a range on June 7, five days before the Orlando massacre.

INVESTIGATION

Shooter seen at Pulse on occasion

The murky picture of Orlando gunman Omar Mateen grew more complex Tuesday with word that the FBI is investigating whether he had been a regular at the gay dance club he attacked and had been living a secret life as a gay man.

As victims described the bloody horror of the massacre during a riveting hospital news conference, ASSOCIATED PRESS investigators continued to gather information on the 29-year-old American-born Muslim — and took a close look at his wife, too — for clues to the attack that left 49 victims dead.

A number of possible explanations and motives for the bloodbath have emerged, with Mateen professing allegiance to Daesh, his ex-wife saying he was mentally ill, and his father suggesting he was driven by hatred of gays.

THE ASSOCIATED PRESS



WagJag

Up to 60% OFF
Patio and BBQ Essentials



Make your Summer Sizzle with WagJag.com

Promo Code: **5BBQ**

Visit WagJag.com to check out more local services, products and travel deals.

Brought to you by
metrolandmedia
Connected to your community



Use promo code at checkout. Expiry: July 2nd, 2016, 11:59 pm EST. Valid towards offers transacted on WagJag.com/BBQ ONLY. To redeem, you must have or create an account at WagJag.com. Use code in one transaction. Any purchase for an amount greater than the amount of the promo code must be paid with an alternative method of payment. Unauthorized use, reproduction or resale is prohibited. Not reloadable. Promo Codes will not be replaced or replenished if lost, stolen, used incorrectly or without authorization. May not be exchanged for cash. Non-transferrable. Other terms and conditions apply - see <http://www.wagjag.com/GroupBuyTerms>.

*Percentages advertised may not reflect actual discounts

BUY WITH CONFIDENCE!**WARRANTY INCLUDED WITH EVERY PURCHASE****EMAIL US AT: USED SALES@RENFREWCHRYSLER.NET****BUY | SELL | TRADE-INS NEEDED**

Stranger says sorry to gay salon owner

ORLANDO

Neighbour had said he always hated Connors and his partner



On Monday morning, Fred Con-

nors says he got a Facebook message from a stranger who said he'd always hated Connors because he was gay.

But the man went on to say he'd changed his views in light of the deadly attacks at Orlando's Pulse nightclub. The man, who said he lived on Connors's street, felt ashamed and wanted to apologize.

"This is 2016 and an adult male with children in my neighbourhood actually believed that

there was something biblically wrong with me because I was gay," Connors said during a phone interview in between clients at his New York City salon.

"This led him to hate me and my partner and not support our business even though he saw the work we were doing in the community and the impact it was having. So what I do find is it often takes big tragedies to create paradigm changes."

The Halifax businessman said

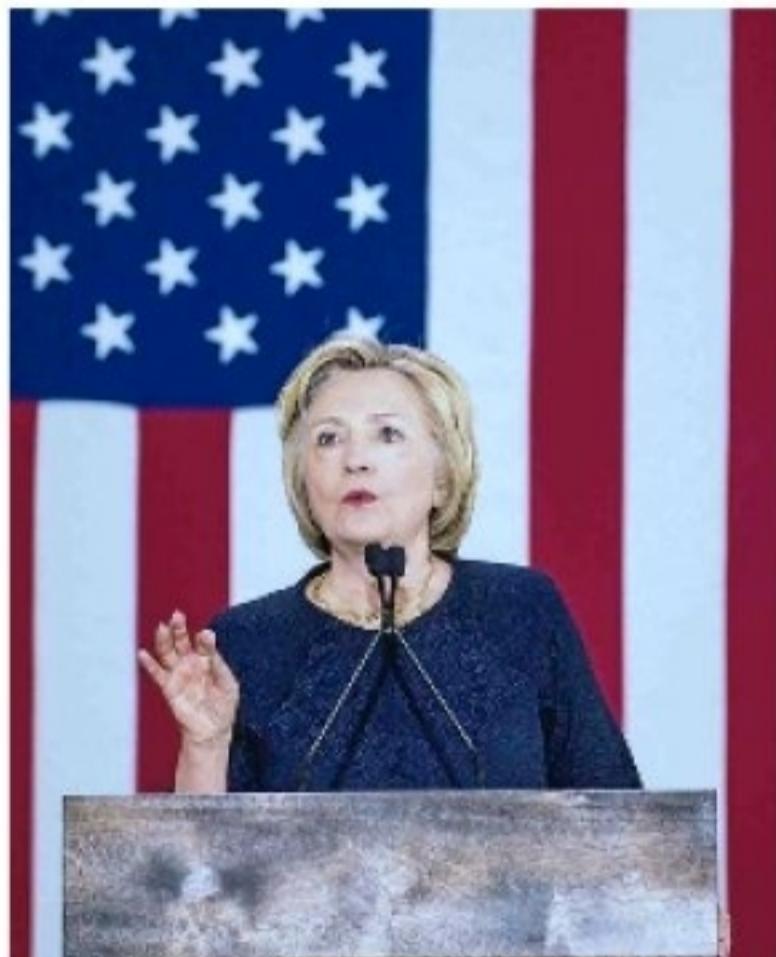
he was very touched by the message, and was glad the man had changed his way of thinking.

Like Connors, the man had been raised Catholic.

"This event did something for him much more than it did for me. Great. You don't hate me anymore, but my life isn't different," Connors said. "Your life is, because you've stopped hating gay people just because you were told you should by your religion."



The man who sent the message to Fred Connors said the tragic shootings in Orlando changed his point of view. HALEY RYAN/METRO



Hillary Clinton's win in the District of Columbia marked a transition in the Democratic Party primary fight. GETTY IMAGES

U.S. ELECTION

Clinton victorious in final primary

Hillary Clinton brought a close to the presidential primary season with a win Tuesday in the nation's capital and a meeting with dispatched rival Bernie Sanders, hoping to set a tone of Democratic unity heading into next month's party convention in Philadelphia.

Clinton's win in the District of Columbia, the final primary of 2016, had no bearing on her role as the presumptive nominee, but it nevertheless marked a transition in the lengthy primary fight between the two rivals.

"We're going to have a wide-ranging conversation, because we share a lot of the same goals," Clinton said Tuesday night in an interview with Telemundo. "We both want to raise the minimum wage, we want to fight inequality of income,

we want to make college affordable and we certainly want everybody to get health care."

She added, "I very much am looking forward to having his support in this campaign, because Donald Trump poses a serious threat to our nation."

Before polls closed in Washington, Sanders vowed again to do all he can to prevent the presumptive Republican presidential nominee from reaching the White House — but he declined to endorse Clinton.

The Vermont senator has said the private meeting will help him determine how committed Clinton will be to the policy issues he has staked out during his 13-month campaign.

"Our goal must not be to allow politicians, Donald Trump or anyone else, to divide us," Sanders said outside his Washington

**Congratulations SAIT Class of 2016,
it's time to celebrate your
achievement and forge your future.**

We wish you success as you shape your career with your new skills and credentials.



To become a SAIT original and join our future graduating classes, visit sait.ca

✓ WARRANTY INCLUDED WITH EVERY PURCHASE
 ✓ CARPROOF VERIFIED REPORT ON EVERY UNIT
 ✓ EVERY UNIT FULLY DETAILED

✓ FULL INSPECTION REPORT AVAILABLE
 ✓ OIL CHANGE INCLUDED
 ✓ TRANSPARENT PRICING

INVENTORY CLEAROUT!

BUY SELL TRADE-INS NEEDED PAID FOR OR NOT!

HOTLINE 403.266.1920
 TEXT US AT 403.826.3513





BUY | SELL | TRADE-INS NEEDED

BUY WITH CONFIDENCE!

✓ FULLY SERVICED ✓ MARKET VALUE
✓ WARRANTY INCLUDED

RENFREW 80
SOUTHERN ONTARIO'S LARGEST DEALER

22 Wednesday, June 15, 2016

Business **metronews**

Ethnic newscasts make a comeback

MEDIA

OMNI seeks to restore axed newscasts with national channel

OMNI Television says it's seeking regulatory approval to create a new national channel that would restore ethnic newscasts axed just one year ago.

The subsidiary of Rogers Communications says it also wants the multilingual and multicultural channel to be included in basic TV packages. Unlike OMNI's current over-the-air channels, the proposed OMNI Regional would be carried by distribution services to subscribers across the country.

Revenue from those subscriptions would fund new daily newscasts in Italian, Mandarin, Cantonese and Punjabi, as well as cover increased distribution costs, said Colette Watson, vice-president of television and operations at Rogers.

"We're trying to position OMNI

for long-term sustainability." Watson said Tuesday from Banff, Alta., where she was attending the Banff World Media Festival.

OMNI's application with the Canadian Radio-television and Telecommunications Commission proposes a channel with four feeds: Pacific, Prairies, East, and ICI Quebec, a partnership with Montreal ethnic television station International Channel/Canal International (ICI).

slashed 110 jobs at its multicultural channels last year, Watson said.

The new funding plan seeks 12 cents a month per subscriber. Rogers cited CRTC figures that pegged TV subscribers at 11.6 million in 2014.

"The 12 cents is a complete break-even," she said, noting the revived newscasts would still cost about \$9 million.

As for how many positions the restored newscasts would create, Watson said: "it's too

We're trying to position OMNI for long-term sustainability.

Colette Watson

OMNI's current local stations in Toronto, Edmonton, Calgary, and Vancouver would continue to operate as free over-the-air channels, as would ICI's local station in Montreal.

But inclusion in basic TV packages could give the broadcaster millions of dollars added yearly revenue.

Money was the main reason OMNI cancelled newscasts and

early to say how many jobs (would be created) and what those jobs would be."

If approved, Watson said OMNI can likely get the newscasts up and running in three to four months. The current affairs series introduced last year as a less costly alternative would remain as "a key component" of the new programming. THE CANADIAN PRESS



A new building is being built at the University of British Columbia campus in Vancouver on Monday. The 18-storey Brock Commons is intended to show that wood can be as effective as steel or concrete, better for the environment and support the forestry industry. JONATHAN HAYWARD/THE CANADIAN PRESS

BRITISH COLUMBIA

A precedent? Knock on wood

A student residence under construction at the University of British Columbia could set a new precedent for wooden towers in Canada.

The 18-storey Brock Commons is intended to show developers and the public that wood can be as effective as steel or concrete, better for the environment and support the country's forestry industry.

"This project should effectively demonstrate that mass wood structures can be commonplace," said Russell Acton, principal architect on the project.

Taller buildings require so-called mass timber supports and special cross-laminated timber plates that act similarly to concrete slabs. Mass

timber is a large section of wood, suitable for competing with concrete, masonry or steel construction.

\$51.5M

Brock Commons will cost eight per cent more than if it were constructed with traditional steel and concrete.

While 17 floors of Brock Commons will be built with mass timber, the building's base and two cores are made of concrete.

Designers, engineers and the university purposefully

chose a simple design with repetitive floor plans in order to gain special approval from building code authorities.

National building code regulations currently limit wood structures to four storeys. However, with new research and engineering, some provinces have allowed architects to push the boundaries.

In British Columbia, provincial codes have allowed wood towers to reach six storeys since 2009. Codes in Quebec and Ontario have followed suit.

Timber-related industries hope Brock Commons will help make a case for building codes to allow 10- to 12-storey wooden structures in the future. THE CANADIAN PRESS

IN BRIEF

Syrup production thickens

The United States and Canada produced record amounts of maple syrup this year, thanks to the weather and more people getting into the business or expanding their operations.

U.S. Department of Agriculture statistics released this month show the U.S. produced 4.2 million gallons, the greatest amount since record-keeping began in 1916. THE ASSOCIATED PRESS

ECONOMY

U.K. jobs with Canadian firms at risk over Brexit

Finance Minister Bill Morneau is warning Britain that tens of thousands of jobs at Canadian firms in the United Kingdom are vulnerable because of the debate around the country's potential exit from the European Union.

Speaking to reporters in London, Morneau says Canadian companies with investments in the U.K. are anxious about the uncertainty caused by the so-called Brexit vote later this month.

He says Canadian businesses that invested in the U.K. to access the European market may be forced to rethink their strategies.

Morneau says Ottawa believes the U.K. is stronger as part of a united Europe — which he adds is also better for the Canadian economy and the Canada-EU free trade deal. He says he hopes Britons will consider this as they make their decision in what is expected to be a close referendum.

THE CANADIAN PRESS

ROSEMARY WESTWOOD ON AMERICA'S DIVISIONS

The concept of a national conversation was lost somewhere along the way to the reality of a national stalemate. And that is fairly terrifying.

In Louisiana, where temperatures hug the low-30s and 80 per cent humidity regularly thickens the air, it's apparently not enough to be on death row.

State officials there have spent \$1 million fighting a court order to install air conditioning (more than the cost of said air conditioning), by arguing prisoners can make do with cold showers.

No air conditioning. In Louisiana. On death row. It's a bad joke, except it's actually a headline. And that is the case so often in America these days. When Donald Trump — waving his golden scepter and adjusting the TRUMP crown on his head — pulled press credentials from the entire Washington Post this week, it was a move without precedent that should signal to Trump's followers just how little he cares about freedom. In this case, of the press.

Trump banned the "phony and dishonest" Post after it ran a story about Trump's conspiracy-theory suggestion that President Barack Obama may be somehow involved with the Orlando shooting. That statement, too, should signal to Trump's followers all the sunbathing has finally given Trump perpetual sun-stroke, to the point that he sees Daesh sympathy in a man condemned internationally for going too

far (in particular with drone strikes) to kill terrorists.

But then we have to ask: What are Trump support-

ers actually thinking about all this? And what we've learned in the last year is, they're not really thinking at all. They just love Trump, whatever he says. And the crazier it gets, well, the crazier it gets. It's brand power the Queen would envy. And it suggests a definable, if also unknowable, group who can't be reached by reason or reportage. How big that group is, we may never know. But it was big enough to earn him the Republican nomination.

That Trump stands to actually gain more support, after all we've seen, genuinely baffles me. But Americans undoubtedly know better. The concept of a national conversation was lost somewhere along the way to the reality of a national stalemate. And that is fairly terrifying. In this era of intractable difference, are there any minds still open to change? And what does that say for the shared experi-

ence that is America?

I consider it a human duty to be able to relate to others, or at least to try.



Penny Milligan, of Morganton, N.C., shows her support for Republican presidential candidate Donald Trump outside a rally in Greensboro, N.C., on Tuesday.

CHUCK BURTON/THE ASSOCIATED PRESS

What are Trump supporters actually thinking about all this? What we've learned in the last year is, they're not really thinking at all.

And I'm failing, because I can't understand a person so "tough on crime" they can't even install air conditioning for a few dead-men-walking, or someone so afraid of controls on guns they'd rather live amid routine mass shootings via assault rifles.

And perhaps that confusion is also a Canadian thing. In the American era of Trump, of mass shootings, of bans on Muslims and attacks on abortions and a national uproar over trans people using bathrooms, I've never been faced with so much evidence that we are not at all the same.

America feels, more than ever, deeply unknowable, deeply foreign, and deeply stuck.



Bike-lane debate: Both sides have a point

KLASZUS' CALGARY

Jeremy Klaszus



With downtown restaurants and retailers struggling to stay afloat through a recession, Calgary's new cycle tracks are an easy target.

But is it fair to blame them for keeping customers away? And for cyclists to defensively suggest businesses aren't being impacted by the new cycle track on Stephen Avenue?

No and no.

In the absence of data, there is emotional overreaction on both sides.

Let's start with the Calgary Downtown Association (CDA). The freewheeling days of \$100 oil are behind us. At the same time, Calgary's core is undergoing a kind of two-wheeled transformation.

But correlation is not causation. This seems to be lost on the CDA, which has always been chilly to the idea that a cycle track on Stephen Avenue could be a good thing.

"Both restaurants and retailers were promised great gains because there's these new customers, which clearly has not happened," Maggie Schofield, the CDA's longtime executive director, recently told Metro.

Coun. Evan Woolley was speaking for many last week when he criticized the CDA as being "like dinosaurs" in its approach to multi-modal transportation.

In a recession, as thousands of people are being laid off, it's not realistic to expect a bike lane to deliver "great gains."

Thanks to the economy, people are carefully watching their wallets. Altering the nearby transportation infrastructure doesn't change that.

metrO
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfocalgary@metronews.ca
General phone 403-444-0136

FREE TO SHARE

Still, some impacts are to be expected. When Vancouver's downtown got new separated bike lanes in 2010, surveys conducted by businesses the following year found a "relatively moderate" decrease in merchant sales.

Interestingly, it also found that merchants greatly overestimated the percentage of their customers who arrive by car. Businesses guessed 40 per cent, but a survey of customers pegged it at 20 per cent.

Merchants also underestimated the percentage of its customers who were cyclists.

Calgary has a different transportation mix than Vancouver, but it's possible that businesses here also misconstrue the split.

It's also entirely possible that businesses are feeling some pain because of the new cycle track.

Without data, it's speculative. (The city plans to survey businesses in the fall to analyze the impact.)

Like the CDA, the Downtown Vancouver Business Improvement Association (DVBIA) originally opposed the bike lanes.

But after five years, the organization changed its tune.

"It's obvious that separated bike lanes (are) working," the DVBIA's Charles Gauthier told News 1130 last year. "They're here to stay and we need to adapt."

As Stephen Avenue suffers growing pains, the CDA should help downtown businesses adapt.

Meanwhile, the rest of us should recognize that while growing pains may be temporary, they still sting.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at
www.mymetrostore.ca



When life gives you lemons

INTERVIEW

Vegetarian recipes include bright notes of citrus flavours

Melita Kuburas
Metro | Canada

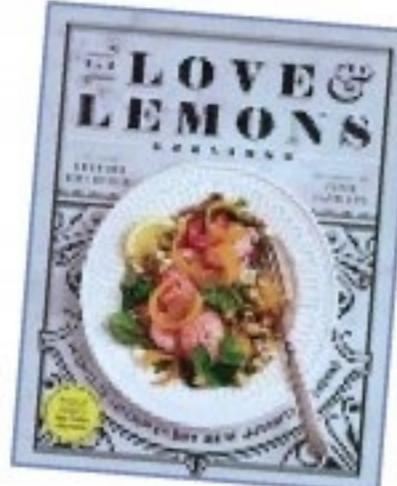
Eating vegetables will never go out of style.

"That can't trend out," says Jeanine Donofrio, creator of the Love & Lemons food blog who just released a cookbook that features all vegetarian recipes — an A to Z (or Apples to Zucchini) guide to cooking with plants.

Much like the nose-to-tail philosophy that meat lovers subscribe to, Donofrio is committed to wasting no part of the beloved plants she chops up.

"I try to think of what I have before I go back to the store," says Donofrio, who is from Austin, Texas. "I can make a whole thing of pasta with two leftover radishes and leftover spinach."

A perfect example of her commitment to reducing waste and saving money in The Love & Lemons cookbook (Viking, \$35) is the Carrot-Ginger Grain Bowl,



in which she uses the tops of the carrots in the meal.

But don't think using scraps makes the food look messy.

As a graphic designer, Donofrio thinks visually first. She left her job in 2011 to start the blog with her husband, and she collaborated with a former coworker on the book.

"I think of design elements like colour, pattern or texture when I'm creating a recipe. Also, I think about how it will look on the plate and how the flavours will work together," she says.

In that sense, the visually striking lemon theme is symbolic of her commitment to the esthetic. Most recipes do include a citrus component, however. "I like bright food so I generally find myself finishing things with a squeeze of lemon. Sometimes it's lime."



I thought of it in the middle of the night and I went to register the URL at 3 a.m. I was like, 'Oh that's it!'

Jeanine Donofrio, on LoveAndLemons.com



RECIPE FROM THE LOVE & LEMONS COOKBOOK

ROASTED CAULIFLOWER TACOS WITH CHIPOTLE CREAM

Serves 4.
Gluten Free

Ingredients:

- 1 medium head cauliflower, cut into small florets
- Extra-virgin olive oil, for drizzling
- 2 chipotle peppers from canned chipotles in adobo sauce
- 8 tortillas, warmed or grilled
- 1 medium avocado, sliced
- Cilantro
- 1 lime, sliced
- Sea salt and freshly ground black pepper

Ingredients for chipotle yogurt sauce:

- 7 ounces (200 g) full-fat Greek yogurt
- 1 chipotle pepper (from the can used above)
- 1 small garlic clove
- 1 teaspoon (5 mL) fresh lime juice
- 1 teaspoon (5 mL) extra-virgin olive oil
- 1 teaspoon (5 mL) honey
- Sea salt

Directions:

1. Preheat the oven to 400°F (200°C).
2. Line a large baking sheet with parchment paper. Add the cauliflower and drizzle with olive oil and a pinch of salt and pepper. Toss to combine. Working over the baking sheet, use your hands to break up 2 chipotle peppers, along with some of the adobo sauce. Toss again to coat the cauliflower, and roast for 25 to 30 minutes, or until golden brown.
3. Make the chipotle yogurt sauce: In a small food processor, combine the yogurt, chipotle pepper, garlic, lime juice, olive oil, honey, and a pinch of salt. Blend until smooth. Taste and adjust seasoning, adding more salt, pepper, and lime juice as desired.
4. Assemble each taco in a tortilla with a spoonful of sauce, the roasted cauliflower, and a slice of avocado. Serve with the cilantro and lime slices on the side.



EXCERPTED FROM THE LOVE & LEMONS COOKBOOK BY JEANINE DONOFRIO AND JACK MATHEWS. COPYRIGHT © JEANINE DONOFRIO, 2016. PHOTOGRAPH COPYRIGHT © JEANINE DONOFRIO AND JACK MATHEWS, 2016. PUBLISHED BY VIKING, AN IMPRINT OF PENGUIN CANADA, A DIVISION OF PENGUIN RANDOM HOUSE CANADA LIMITED. ALL RIGHTS RESERVED.

VISIT
OUR

NEW SHOWHOMES



PAIRED HOMES

from the

\$350s

726 Walden Drive SE • 403.201.5754

Prices subject to change without notice. E&OE.



walden

CARDEL
HOMES

Built for real life.
CARDELHOMES.COM



Atlantic Beach pie is a crunchy saltine crust which encases a creamy citrus filling topped with whipped cream. KATIE WORKMAN VIA THE ASSOCIATED PRESS

This dessert is a citrusy, salty delight

RECIPE

Lemon filling complements crust in Atlantic Beach Pie

This Atlantic Beach Pie recipe comes from Bill Smith, long-time chef of Crook's Corner restaurant in Chapel Hill, North Carolina. When you first taste it, you may get into a pie-induced trance.

Atlantic Beach Pie was commonly served at seafood restaurants on the North Carolina coast when Smith was growing up. Back in the day, there was a commonly held belief that if you ate sweets after a seafood meal you would get sick. The exception was this citrus pie, the only dessert served at many of these coastal seafood joints.

It was often served with meringue on top, but Bill prefers it with whipped cream — no argument here.

The beauty of this pie lies in the play between the salty, dense crust made from soda crackers and the creamy sweet-and-tart filling featuring citrus juice.

Atlantic Beach Pie

Serves 8

Ingredients:

Crust:

- 1 1/2 sleeves of Saltines
- 8 to 10 Tbsp unsalted butter, softened
- 3 Tbsp sugar

Filling:

- 1 (14-ounce) can sweetened condensed milk
- 4 large egg yolks

- 1/2 cup fresh lemon juice or lime juice, or a mix of the two
- 1 1/2 cups heavy or whipping cream
- 2 Tbsp confectioners' sugar

Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. For the crust, crush the crackers finely but not to dust, and place them in a medium bowl. Add the sugar, and then knead in the butter until the crumbs hold together like dough. Press the mixture into an 8- or 9-inch pie pan, as you would for a graham-cracker crust. Refrigerate for 15 minutes, and then bake for 16 to 18 minutes.

3. Remove the crust, and while it is cooling slightly, make the filling. In another medium bowl, beat the egg yolks into the milk, then beat in the citrus juice. It is important to completely combine these ingredients. Immediately pour into the pie shell and bake for 15 to 18 minutes until the filling has set. Let the pie cool then refrigerate.

4. In a large mixing bowl, using a whisk or hand-mixer, whip the cream and confectioners' sugar just until slightly firm peaks are formed. Pile the whipped cream over the entire filling.

5. The pie needs to be completely cold to be sliced. This will keep for up to 4 days in the refrigerator.

THE ASSOCIATED PRESS

FOOD

Probing the high steaks of healthier meat

Shopping for steaks to grill and confused by the difference between grass-fed and grain-fed beef? And why is one more expensive?

Richard Bazinet, associate professor in the department of nutritional sciences at the University of Toronto, analyzed the fat content of 14 steaks purchased at outlets around the city last summer.

He found meat from grass-fed animals had yellow fat, a

higher ratio of omega-3 fatty acids compared to omega-6 fatty acids, along with vitamin E and other plant compounds and antioxidants. The fat of the grain-fed animals was almost white, with a higher ratio of omega-6 fatty acids compared to omega-3s.

"The bottom line would be we don't have the convincing data yet, but based on its composition, its fat position, the other things that are in it, all these plant compounds that are in

it, the prediction would be that (grass-fed) would be healthier," says Bazinet, who also runs a program looking at how diet affects brain health.

He says the evidence is "reasonably strong" that people who eat higher levels of omega-3s do better in terms of heart disease and some neurological disorders.

But you might not know what you're getting since there's a plethora of labelling practices in the industry.

Labels can include farm-raised, pasture-fed, natural and corn-fed.

"It's a complicated path to wander through right now because we don't have regulations," added Bazinet. "There's not clear labelling. It's new, right? ... To make an analogy, you could look at the organic industry 15 years ago compared to today and there's still some hiccups with it, but people understand it better."

THE CANADIAN PRESS



Drive to Surprise

DRIVING A COMPETITOR'S VEHICLE?

GET UP TO **\$3,500** IN DISCOUNTS ON MOST MODELS

0% FINANCING ON ALL 2016s + **\$500** COMPETITIVE BONUS ON MOST MODELS

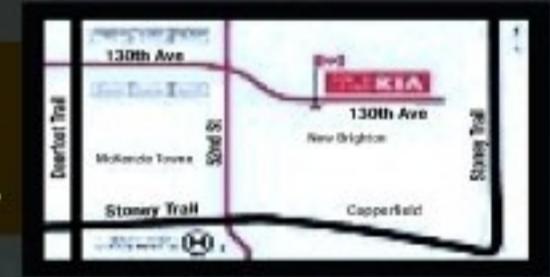
11 DAYS ONLY! EVERY TEST DRIVE RECEIVES A \$60 GIFT

EXCLUSIVE TO SOUTH TRAIL KIA

OFFER ENDS JUN 30



LOCATED AT:
130TH AVE. JUST EAST OF 52ND St.



2016 SORENTO LX



Stk#GG185508
MSRP \$29,520
\$3,500
\$500 Loyalty or Conquest Bonus
=\$25,520 OR \$79 /wk OR \$75 /wk lease
\$0 DOWN \$0 DOWN

2016 OPTIMA LX AUTO



Stk#GG044569
MSRP \$25,340
\$750 Loyalty or Conquest Bonus
=\$24,590 OR \$70 /wk \$0 DOWN \$66 /wk lease

2016 FORTE LX AUTO



Stk#G5483454
MSRP \$20,430
\$3,000
\$500 Loyalty or Conquest Bonus
=\$16,940 OR \$50 /wk \$0 DOWN \$45 /wk lease

2017 SPORTAGE LX



Stk#H7088824
MSRP \$26,820
\$500 Loyalty or Conquest Bonus
=\$26,320 OR \$79 /wk \$0 DOWN \$70 /wk lease

2016 SOUL LX



Stk#G7870272
MSRP \$19,020
\$2,500
\$41 /wk lease
=\$16,520 OR \$51 /wk \$0 DOWN \$41 /wk lease

FREE ON SITE TIRE STORAGE \$79 VALUE
with purchase of new tires

FULL DETAIL WASH, VAC, SHAMPOO, INTERIOR WINDOWS, & TIRES
Original price: \$179

ON SALE \$129 FOR

Visit us at www.southtrailkia.com | 587.349.7500

Vehicle may not be exactly as illustrated. Vehicle prices and payments include all fees and dealer added accessories but not GST. Vehicle price may be negotiated in lieu of \$600 gas card. All purchase payments are based on 64 months financing and are O.A.C. All lease payments are based on 60 month lease with a \$16,000 down payment per year - additional kms may be purchased. Purchase interest rate on 16 Sorento and 16 Soul is 0%, 16 Optima is 0.90%, 17 Sportage is 2.98%, 16 Forte is 4.49%. Example of borrowing \$10,000 for 60 months at 0% interest would result in a monthly payment of \$166.70. Purchase interest rate on 16 Forte and 16 Soul are 0%, 16 Optima is 1.99%, 17 Sorento is 2.99%, 17 Sportage is 3.99%. \$300/\$750 Loyalty or Conquest applies only for a list of eligible vehicles and they cannot be combined, see dealer for details. \$80 gift for test driving is a rewards card that may be redeemed in dealership service and parts department and has no cash value. All promotions expire at end of week of publication of advertisement. See dealer for details.

The Power to Surprise

This strawberry galette will make your

SEASONAL FOODS
Handmade Gatherings has recipes and tips for modern dos

This recipe from Ashley English's Handmade Gatherings does have a lot of steps, but most of the ingredients can be found in the pantry.

Strawberries have finally brought the taste of summer to stores and farmers markets, so bring this galette to the next backyard party before they are out of season.

Strawberry Galette with Mint Whipped Cream

Makes six generous servings.

Ingredients:
Whipped Cream:

- 2 tbsp (30 mL) chopped, fresh mint
- 1 cup (250 mL) heavy cream
- 3 tbsp (45 mL) powdered sugar

Dough (makes two crusts):

- 2 1/2 cups (625 mL) all-purpose flour

- 1 1/4 tsp (6 mL) sea salt
- 1 cup (250 mL) unsalted butter, chilled and cubed
- 3/4 cup (175 mL) ice-cold water

Strawberry Filling:

- 4 cups (1 L) strawberries, sliced in 1/4-inch pieces
- 1/3 cup (80 mL) granulated sugar
- 2 tbsp (30 mL) cornstarch
- Zest of one lemon
- 2 tsp (10 mL) vanilla extract

Egg wash:

- 1 egg yolk
- 1 tbsp (15 mL) cold water
- 1 tbsp (15 mL) granulated sugar

Directions:

1. For whipped cream, in a Mason jar or lidded container, add chopped mint to heavy cream. Shake vigorously. Chill for at least four hours or overnight. With a fine mesh sieve, strain mint from cream. Discard mint. In a medium bowl, using an electric mixer, beat cream and sugar until soft peaks form. Refrigerate.

2. For dough, in a medium-large bowl combine flour and salt. Using two knives, cut in cold butter until



Take advantage of seasonal strawberries with this rustic galette. CONTRIBUTED

mixture resembles a coarse meal. Some large bits of butter will remain. Drizzle in ice water slowly. With mixing spoon, stir until dough

starts to clump. On a floured surface, turn dough out and fold into ball. Cut in half and refrigerate both halves at least one hour. Freeze half

for later use.

3. For the strawberry filling, in a medium bowl, add strawberries, sugar, corn-

starch, lemon zest and vanilla. Mix using hands until dry ingredients completely cover berries.

4. For egg wash, in small bowl, beat together egg yolk and water.

5. To assemble, roll dough into a circle approximately 12 inches (30 cm) in diameter. Transfer to a baking sheet. Fan strawberries on top, overlapping and leaving 2-inch border.

6. Fold plain dough border onto berries. Dough edges will overlap. Press folds together every few inches.

7. Brush egg mixture over dough edge. Sprinkle with sugar.

8. Bake at 350 F (180 C) for 30 minutes or until golden brown. Serve with mint-infused whipped creams.

Other recipes we're dying to try: Rhubarb Buttermilk Bread, Warm Potato and Ramp Salad, Honey and Lavender Lemonade, Phyllo Cups with Leeks and Apples.

TAKE HOME A HOT NEW PHONE.

MEMBERS GET EXCLUSIVE DEALS FROM OUR AWESOME PARTNERS:



+ MORE

virginmobile.ca

Order online at virginmobile.ca, call 1.855.BE.VIP.VIP or stop by to say hi.



WIRELESSWAVE

Tbooth wireless

WIRELESS etc...

potluck pop

The cover of the book says it all: happy people dining outdoors on a rustic-looking meal, wildflowers adorning an old wooden table, soft focus.

That's the new entertaining ideal: local, artisanal, casual.

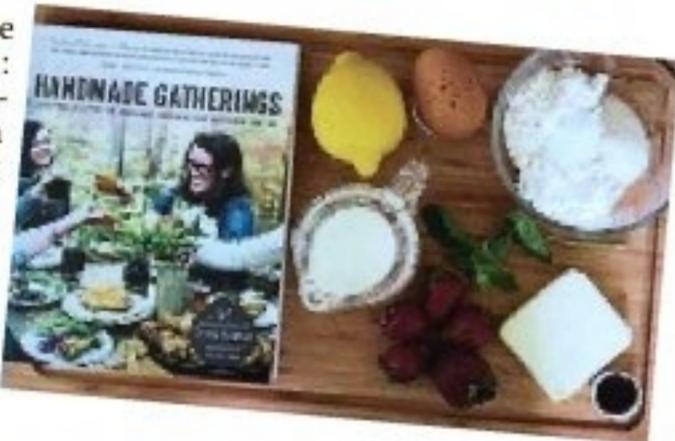
Author Ashley English is a sociologist, holistic nutritionist, columnist, and author of books on small-scale home-steading.

She also has an entire book dedicated to pies.

In her new book, Handmade Gatherings: Recipes & Crafts for Seasonal Celebrations and Potluck Parties, English shows how to bring this kind of gathering to life with recipes sorted by season — think berries and ramps (wild onions) in warm weather, root vegetables and mushrooms when it's cooler, and how to plan a party around them.

The book goes beyond recipes to focus on the spirit of entertaining.

"Sure, you're there for the food, but you're also gaining



THE BOOK

Handmade Gatherings: Recipes & Crafts for Seasonal Celebrations and Potluck Parties, \$29.95. Available in Canada now.

connection and community and camaraderie in the process," English writes in her introduction.

To that end, she includes tips for potluck etiquette, decor and crafts to keep kids entertained while mom and dad sip their bourbon iced tea — from a Mason jar, of course.

FOOD BRIEF

Martha Stewart gets into meal kits

Cooking like Martha Stewart is about to get easier.

The home goods mogul and cookbook author is getting into the fast-growing meal kit business. Subscribers will get a box shipped to their door with Stewart's recipes and all the ingredients needed to cook up the dishes at home, including pre-measured raw meat, fish, vegetables and spices.

"It is, I think, the way to cook for the future," Stewart said.

The new venture is a licensing deal with existing meal kit company Marley Spoon and brand management company Sequential Brands Group Inc., which bought Martha Stewart Living Omnimedia last year. Financial details of the new partnership were not disclosed.

Marley Spoon will be renamed Martha & Marley Spoon in the U.S. and will tap Stewart's library of thousands of recipes, including shrimp tortilla soup and chicken thighs pan-fried in coconut oil.

THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Battle of the barbecues

Skip the sausage when you're firing up the grill.

PICK THIS

Marc Angelo Sweet Chili Chicken Kabobs

Serving 2 skewers (6 oz)

Calories 180

Fat 3g

Saturated fat 0.6g



SKIP THIS

Chicken Sausage

Serving 1 sausage (5.2 oz)

Calories 448

Fat 39.1

Saturated fat 13g



HERE'S WHY



Equivalent to 2 Pepperoni Personal Pizzas from Pizza Hut in fat.

When the weather is warm, we all love to cook most of our meals outdoors on the grill. Meat sausages are a tasty favourite, but even a chicken version is far from a healthy pick. Sausages are made from fattier cuts of meat with added fillers and excess sodium. Skip them this summer, as they serve up more than half of your daily allowance of fat and saturated fat, as well as 2.5 times more calories than the kebabs!

\$55/mo. GOLD PLAN GETS YOU:

- UNLIMITED Weekends & Evenings from 5pm - 7am
- UNLIMITED Worldwide Text Messaging from Canada
- UNLIMITED Picture Messaging to Canada & US
- 500 Canada-Wide Minutes
- 500 MB of Data
- Voicemail & Call Display

\$4.99 SIM Card not included.

LG G3

\$0

ON SELECT
2-YEAR PLANS
+ GET A \$150
BONUS GIFT



In-flight seizures land Lil Wayne back in hospital

MUSIC

Rapper's jet forced to make two emergency landings

Lil Wayne is in stable condition in Omaha after suffering what his publicist described Tuesday as two minor seizures.

TMZ has reported that the Grammy-winning rapper's private jet was forced to make two emergency landings at an Omaha airport Monday afternoon and that he was taken to a hospital.

Dennis Messina, an operations supervisor at Omaha's Eppley Airfield, said that a plane landed around 2:40 p.m. due to a medical emergency, but that treatment was refused. The plane refuelled and was just taking off when the pilot declared another medical emergency and returned to the airport.

Messina couldn't confirm that Lil Wayne, whose real



This is the third time in four years that **Lil Wayne** has been hospitalized due to seizures. GETTY IMAGES

name is Wayne Carter, was on the plane. Derek Sherron, publicity director of The Chamber Group, said Lil Wayne was under the care of his own doctors and was in good spirits.

"He thanks his fans for their everlasting support, prayers and well wishes," Sherron said.

Several reports said the 33-year-old New Orleans na-

He thanks his fans for their support.

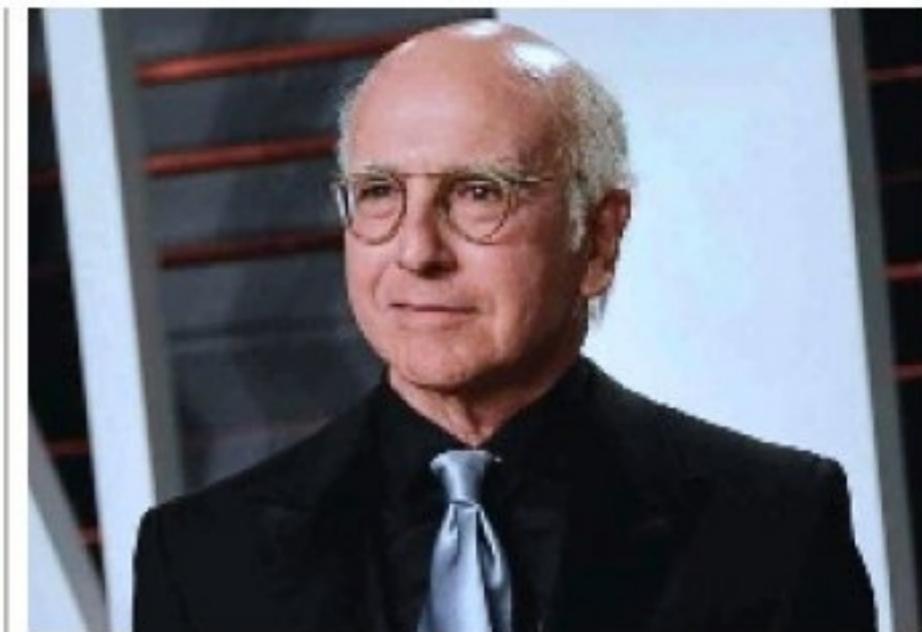
Derek Sherron, publicity director for Chamber group

tive was taken to Creighton University Medical Center. A

hospital spokeswoman declined to comment Tuesday.

In March 2013, Lil Wayne was hospitalized in Los Angeles for seizures. He told a Los Angeles radio station that he's an epileptic. In October 2012, he was hospitalized in New York for what was described as a severe migraine and dehydration.

THE ASSOCIATED PRESS



Larry David is bringing back his HBO comedy series, *Curb Your Enthusiasm*, for a ninth season. EVAN AGOSTINI/INVISION/AP, FILE

COMEDY

David returning so Curb your impatience

No need to curb your enthusiasm at this news: Larry David is bringing back his HBO comedy series for a ninth season.

No further details were announced by HBO on Tuesday, but word that *Curb Your Enthusiasm* will live again should be enough to thrill its fans for now.

The eighth season aired in 2011, and, since then, David has remained tight-lipped over whether there would be more.

Premiering in 2000, the series was created by and stars David in a fictionalized version of himself as he stumbles into socially awkward situations. "Curb" has logged 80 episodes to date, which makes it HBO's longest-running scripted series.

Among David's projects since curbing his series: a hit Broadway play, *Fish in the Dark*, which he wrote and starred in last year.

THE ASSOCIATED PRESS

new!
BERRY FRESH MOJITOS
with fresh lime & mint

MADE WITH REAL FRUIT

RASPBERRY MOJITO

BLUEBERRY MOJITO

LIME MOJITO

get fit!

special offer!
TRY OUR NEW
MOJITO SMOOTHIES \$1 OFF
(12 OZ. REGULAR PRICE \$3.89 - rx)

LIMITED TIME OFFER. VALID AT ALL LA PREP LOCATIONS.
NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER OFFER.
ORIGINAL COUPONS ONLY - NO COPIES. EXPIRY DATE 31/08/2016.

la prep

-- CROSS IRON MILLS MALL --
-- CALGARY INTERNATIONAL AIRPORT --
DEPARTURE LEVEL

SUIT. TIE.
COWBOY BOOTS
— IT'S A —
STAMPEDE THING — SC —

Calgary Stampede
JULY 8 – 17, 2016

YOU COULD WIN
1 OF 10
2016 VIP PRIZE PACKS

METRO CALGARY IS PROUD TO PARTNER WITH THE CALGARY STAMPEDE AND WE WANT TO GIVE YOU THE OPPORTUNITY TO EXPERIENCE TRIPLE B AS A VIP!

TRIPLE B IS THE BIGGEST, BADDEST AND BEST BBQ. TRY YOUR SKILLS ON BIG BUBBA'S DUELING MECHANICAL BULLS, ENJOY TRADITIONAL AND AUTHENTIC BBQ FROM OUR FIVE NEW CANADIAN BBQ VENDORS OR WET YOUR WHISTLE AT ONE OF THE BEER-CENTERED BARS.

ENTER TODAY FOR YOUR CHANCE TO WIN:
1 OF 10 VIP CALGARY STAMPEDE 2016 PRIZE PACKS THAT INCLUDE:
2 SINGLE-USE ADMISSION PASSES,
A VOUCHER FOR 1 MECHANICAL BULL RIDE AND \$50 STAMPEDE BUCKS FOR FOOD AND/OR BEVERAGES.

ENTER NOW AT:
WWW.WONDERLIST.CA/CALGARYSTAMPEDE

NO PURCHASE NECESSARY. CONTEST OPEN TO RESIDENTS OF ALBERTA WHO HAVE ATTAINED THE AGE OF 18 AT THE START OF THE CONTEST PERIOD. LIMIT ONE ENTRY PER PERSON. PER EMAIL ADDRESS. CONTEST PERIOD OPENS AT 12:01 AM ET ON JUNE 13, 2016 AND ENDS AT 9:00 AM ET ON JUNE 24, 2016. Odds of winning depend on total number of eligible entries received. Approximate value of each prize pack is \$100 CAD. Full contest rules available at WONDERLIST.CA.

SPORTSNET
la prep
Wonderlist.ca

Is it still art if no one can see or hear it?

CULTURE

Authors and movie makers will postdate release of work

Some authors crave public adulation. Others are content to wait for it — even if it takes 100 years.

David Mitchell, the British author of the 2004 novel *Cloud Atlas*, is the second major writer to submit a manuscript to the Future Library Project, which will delay its publication until the trees in a Norwegian forest are mature enough to make the paper it'll be printed on, a century from now.

Mitchell, 47, won't be alive when the work comes out in 98 years. Neither will Canada's Margaret Atwood, 76, who gave a manuscript called *Scribbler Moon* to the project last year.

The project, which is the brainchild of Scottish artist Katie Paterson, began in the summer of 2014 when 1,000 trees were planted in Nordmarka, Norway, near the country's capital, Oslo.

The City of Oslo and a public corporation jointly sponsored the project and paid for the



From left to right: Margaret Atwood is the first author to participate in the Future Library Project, meaning a manuscript she has written won't be read for almost a century. Scottish artist Katie Paterson is the creator of the Future Library Project, which will see the works of 100 authors stored until they can be published in 98 years on paper from trees that were planted in 2014. Martin Shkreli, who epitomizes corporate greed, bought the only copy of Wu-Tang Clan's album for \$2 million to "keep it from the people." GETTY IMAGES/TORSTAR NEWS SERVICE

trees to be planted and for a special room in the city's Deichman Public Library where the manuscripts will be displayed. Paterson's plan is for an "outstanding" author to do the same — providing both a print and digital copy of a new book — every year until 2114.

"I was simply sketching tree rings and I had a vision I guess. Tree rings, chapter, paper, books, future, trees, forest, writers —

kind of all like that. And I imagined planting a forest that would grow a book over time," Paterson told CBC Radio. Atwood has described the concept as "delicious."

Mitchell, whose novel is called *From Me Flows What You Call Time*, is similarly enchanted. "It's trees, it's books, it's a circle, it's pulp, it's organic matter turning into (paper). And then the words get printed on them.

I love that," Mitchell said.

The participating authors aren't the only ones embracing the concept of delayed gratification.

Actor-director John Malkovich and director Robert Rodriguez recently released a teaser trailer for their film *Years — the Movie You'll Never See*, in which the actor says, with mock gravity, "Imagine the future."

Inspired by a fine bottle of

Louis XIII cognac — which the website notes retails for \$3,100 for a 700 mL bottle and is made from cognacs that have been aged for 100 years — the film has been sealed in a vault and will not be screened until Nov. 18, 2115.

And in the marketing coup of the decade, hip-hop group Wu-Tang Clan produced a single copy of an album entitled *Once Upon a Time in Shaolin*, which

I imagined planting a forest that would grow a book over time.

Future Library Project creator Katie Paterson

the group announced it would sell to the highest bidder.

Along came hedge-fund entrepreneur Martin Shkreli, who paid \$2 million for the album last November.

Shkreli had become the face of corporate greed and one of the most hated human beings on the planet for buying a pharmaceutical company and hiking the price of a life-saving drug by 5,000 per cent.

Shkreli bragged he bought the album to "keep it from the people" and hasn't even listened to all of its 31 tracks.

Last December, a month after his purchase, Shkreli was arrested by the FBI and charged with seven securities fraud-related charges. A guilty verdict on all of them could keep Shkreli in jail for 100 years.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Just Cuddle taps into millennial awkwardness

THE SHOW: Just Cuddle, S1, E4 (web series)
THE MOMENT: The waffles

A professional cuddler (Winter Tekenos-Levy) is with a client (Nancy Mamais) who recently learned she has a rare, debilitating brain disease.

(Both women are in their 20s.) The client plans to kill herself with painkillers and wants Cuddler to hold her as she takes them. But first she wants to use the waffle maker her aunt gave her. As they eat, Client asks Cuddler how she began cuddling. "English degree," she says. "Saw a Craigslist ad."

"Something more," the client says. Cuddler explains that when she was young, her uncle had MS. One day she was home alone with him and he called her name. "I could see he was in pain," she says. "I went into my room and shut the door. What kind of a person does that?"

The press release for this web series, created by Michael Kimber and Elias Campbell, was savvy enough to include an Atlantic magazine article about real-life cuddlers, who work for agencies with names like Snug-



Pro cuddler in Just Cuddle (**Winter Tekenos-Levy**), left, with her client (**Nancy Mamais**) in web series Just Cuddle. CONTRIBUTED

gle Buddies and earn up to \$80 (U.S.) an hour.

These webisodes (four so far) sound an alarm about, and offer a solution to, a type of anxiety that feels particularly millennial. The characters have tons of empathy for causes. Face to face, though, they find empathy awkward (and they hate awkward). Their lives are stuffed with virtual friends but starved for human touch.

Cuddler is an answer, es-

specially because she's utterly non-judgmental. This series is the Beatles song *Eleanor Rigby* translated to digital video and Cuddler is a human safe space. Just Cuddle can be seen on vimeo.com.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



**We are with you
every step of the way.**

Choosing the right career and the right college are important decisions to make on your journey to success.

At Robertson College, you will receive guidance and assistance every step of the way.

587.331.8233 | robertsoncollege.com

**ROBERTSON
COLLEGE**

students *first*.

New Camaro is really, really fun



REVIEW

Fast, efficient, great sound — there's a lot to like here

 **Craig Cole**
AutoGuide.com

Since my first Chevy Camaro encounter during a harrowing drive through an ice storm in Montana, I've driven it on a couple other occasions, though curiously only V6-powered examples. Chevy's eight-cylinder offering has eluded me, until now.

And it was worth the wait! SS models features GM's potent 6.2-litre LT1, a modern-day descendant of the original small block that was introduced back in the 1950s.

While practically every other automaker has abandoned push-rods in favour of overhead camshafts, this venerable V8 still uses 16 of the buggers to operate its valves. This configuration is a total throwback, but it delivers heady numbers, in this case, 455 horsepower and an equal amount of torque. That's 20 more thoroughbreds than the Mustang GT can supply, along with and almost an extra 82 kg-m of twist.

The Camaro's prodigious power is a given, but against expectations, the efficiency figures it's graced with are nothing to scoff at. Direct injection and variable valve timing help improve flexibility and fuel economy. When equipped with a six-speed manual transmission, like our test car had, the SS should return 6.8 kilometres per litre in the city, which is not bad at all.

The Camaro I spent a week with was equipped with 1SS trim, which is the most basic version that's available with a V8 engine. Honestly, it's the one I'd get if I were spending my own greenbacks because with cloth seats, a stick and no bulls—, it's incredibly straightforward.

With a lightweight body and tons of power, it can hit 97 km/h in the four-second range.

Aside from its engaging dynamics, the sound this Camaro makes is also enthralling. It bubbles and pops, rumbles and snorts like an uncorked race car, sounds that come courtesy of that optional exhaust system.

Beyond all of this, the Camaro's magnetic ride control system allows you to completely change the suspension feel, from smooth and supple to kidney-jolting, all at the push of a button; it's pretty frickin' amazing how well this technology works, providing you with the best of both worlds.

THE CHECKLIST | 2016 CHEVROLET CAMARO SS

THE BASICS

Engine: 6.2-litre V8
Power: 455 horsepower
Transmission: Six-speed manual
Price: Starts at \$44,750, including destination



LOVE IT

- Aggressive styling
- Driving dynamics
- Incredible power
- Throaty rumble

LEAVE IT

- Useless trunk opening
- Crippling blind spots
- Not exactly cheap

STARTING @ JUST
3.9% INTEREST RATES!
*Terms & Conditions may apply.
APPLY TODAY! DRIVE TODAY!

House of Cars Inc. is a Licensed ABVIC automobile retail dealer.

CALL US TODAY!
403-457-2244

Easy 30 Second Online Application

WWW.HOUSEOFCARSCALGARY.COM



HOUSE OF CARS
SALES / SERVICE / FINANCE

All bi-weekly payments are calculated on an 84-month term at 3.9%. Price is based on vehicles only. Lables warranty, aftermarket products & GST extra (O.A.O.) Total cost of credit based on an interest rate of 3.9% APR over 84 months will be approximately \$3,363.19 if customer pays the minimum payment for the full term. Each individual's credit will result in different cost of credit amounts. All vehicles come with a full mechanical fitness assessment, verified Outroot & warranty is available. House of Cars Inc. is a Licensed ABVIC automobile retail dealer.

Nissan's sweet homage to doughnuts

SOCIAL MEDIA

Volkswagen releases the #PinkBeetle

Volkswagen has rolled out a special edition of the Beetle known as the #PinkBeetle.

The car, which VW claims is the first vehicle to be named with a hashtag, will be offered as a coupe and convertible this fall. As can be expected, a unique shade of Fresh Fuschia Metallic paint coats the car. Inside, pink accents are found throughout while cloth seats are fitted with a plaid insert.

VW's latest MIB II infotainment system is fitted which offers VW Car-Net, App-Connect, Apple CarPlay and Android Auto.

STEPHEN ELMER/FOR METRO



FURIOUS 8

Flying cars, explosions during filming

The next installment in the Fast and Furious series is filming in Cleveland and it looks action packed. While a previous video caught a single car being flung from a rooftop, a new behind-the-scenes video posted on YouTube shows multiple cars flying from a parking garage along with explosions, crashes on the streets below and a helicopter. The film will launch in April of 2017 and it is likely to be set in New York. Actor Dwayne Johnson has already confirmed his return to the movie.

STEPHEN ELMER/AUTOGUIDE.COM



HANDOUT

WHEELS ROUND UP

News driving the auto industry brought to you by AutoGuide.com

370Z NISMO Nissan doles out the sprinkles

Nissan celebrated National Doughnut Day earlier this month by decorating a bunch of donuts by doing donuts in a 370Z NISMO.

The brand has enlisted the help of Formula Drift driver Chris Forsberg to decorate some doughnuts with the spinning rear tires of the 370Z NISMO. In total, 1,270 kilograms of sprinkles were laid out on the ground for the 370Z to fling onto the waiting pastries.

A total of 325 doughnuts were covered in delicious sprinkles by the car after 15 passes were made.

To check out the process in all its glory, search for the How to Decorate a Donut with a Car video by Donut Media on YouTube.

STEPHEN ELMER/AUTOGUIDE.COM



COPYRIGHT

Man tries to trademark iconic brands

A Florida man is trying to trademark the Oldsmobile and Pontiac names. Both brands flew under the General Motors banner when they existed, but Oldsmobile was phased out in 2004 while Pontiac received the same treatment in early 2010. Now a trademark application has appeared on the United States Patent and Trademark Office with Sylvan Mackness of Olds Motor Works, Inc. trying to register both the Pontiac and Oldsmobile names.

JASON SIU/AUTOGUIDE.COM



EASY APPROVAL

AUTO 4 LIFE

SHAGANAPPI.com

- NO CREDIT
- BAD CREDIT
- BANKRUPTCY
- REPOSSESSION
- NEW TO CANADA
- SELF-EMPLOYED

10 YEAR 160,000KM COVERAGE ON
EVERY NEW 2015-2016 FOR FREE

AMVIC MEMBER OF THE CANADIAN AUTOMOTIVE RETAILERS ASSOCIATION

Call or Text Nelson at 403.397.1412



CONTRIBUTED

Buying a new car all about anticipating your needs

Buying a new car can represent a major step in anyone's life. But knowing what you can afford, doing research, and having foresight can help ensure that the road ahead is smooth and enjoyable.

One of the most important things to consider when buying a car is not your needs in the here-and-now, but anticipating your needs in the future, explains Bob Pendock, general sales manager for Brasso Nissan in Calgary.

"A lot of people come in — I'd say around 90 per cent of our customers — and they know what they want. Or they think they know what they want," he says. "But if they

haven't done a lot of soul searching they may end up with the wrong vehicle. Lifestyles change, people start families, and your vehicle needs change."

This can be problematic if a buyer gets into a long-term purchase plan, but needs to change cars a year or two down the road, especially if they haven't put a lot of money down.

Pendock explains that Brasso believes in a no-pressure style of sales, preferring to help customers find the right car the first time.

"You want to help the buyer understand their needs. Although a multi-step process is

good for a dealer because you're selling more, we'd rather help people get the car they need in one step," he says. "I treat people the way I want to be treated and Brasso staff want them to have a positive experience."

Pendock added that people tend to change cars every five years or so, now. "Even the people who say they drive their cars into the ground, really don't drive them into the ground," he adds.

Because of that, leasing may be an option that's attractive. In fact, it's an option that Pendock personally advocates.

"Leasing is a perfect option for people —

I personally lease my cars," he says. "Leasing gives so much protection to the buyer, and in two, three, four, or five years you can hand the keys in and walk away."

Leasing also offers protection from accidents, he explained. Since an accident tends to knock a third of the repair price off the car (for example, a \$12,000 accident would reduce the car's value by \$4,000), leasing indemnifies the customer from that devaluation.

"The number one thing is that we're here to help the customer," he says. "We want them to walk away knowing they got the best deal."

UP TO \$6,000 OR 0% FINANCE* FROM APR FOR UP TO 84 MONTHS ON SENTRA S/M6

NISSAN 7 DAY SALES DRIVE

Innovation that excites

SR model shown*

Brasso NISSAN 47th Anniversary EVENT

Offers available from June 13 - 20, 2016. *Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is \$16,529 financed at 0% APR equals 84 monthly payments of \$197 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$16,529. \$1,000 Finance Cash included in advertised offer. *Standard rate finance cash discount of \$6,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Titan through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc., a division of Nissan Canada Inc.



THE FASTEST GROWING AUTOMOTIVE BRAND

NISSAN
7 DAY
SALES DRIVE

FROM JUNE 13 - 20

UP TO

\$6,000

STD RATE FINANCE CASH ON TITAN XD

FINANCE[†] FROM

OR

0%

APR

FOR UP TO

84

MONTHS ON SENTRA S M6

THE ALL NEW 2016

SENTRA®

2016 SENTRA IS AWARDED WITH



when equipped
with Forward
Emergency Braking

2016 NISSAN SENTRA
1.8 SR MODEL SHOWN



7 DAY ONLY

INCLUDES
\$250
BONUS CASH

GET UP TO

\$2,250*

TOTAL CASH PURCHASE CREDIT
ON MOST 2016 SENTRA MODELS

OWN

FINANCE[†]
FROM 0% APR FOR
UP TO

84

MONTHS

PLUS

\$1,000*

FINANCE CASH ON SENTRA S M6

HURRY. SALE ENDS JUNE 20TH

**Brasso
NISSAN**

47th Anniversary
EVENT

Amazing offers at your
local Brasso Nissan
Dealership.

BRASSONISSAN.COM

Offers available from June 13 - 20, 2016. [†]Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is \$16,529 financed at 0% APR equals 84 monthly payments of \$197 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$16,529. \$1,000 Finance Cash included in advertised offer. *Standard rate finance cash discount of \$6,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Titan through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



ND IN CANADA

Based on full-line brands,
on 12 month, year over year rolling unit sales

NISSAN 75 DAY SALES DRIVE

AN®
MURANO®
PATHFINDER®
ROGUE®
SENTRA®
ALTIMA®
MICRA®

FIND GREAT LEASE OFFERS AT BRASSONISSAN.CA**VISIT US FOR AMAZING ANNIVERSARY OFFERS!****MY16****VERSA NOTE** Lease for only \$39 weekly for 60 months at 0.49%**SENTRA** Now with 0% purchase financing for up to 84 months Plus \$500 finance cash**ROGUE** Lease from \$59 weekly for 60 months at 0.99%**PATHFINDER** Now with 0% purchase financing for up to 60 months Plus \$500 finance cash**TITAN XD Diesel** Lease from 3.99% APR up to 60 months, \$0 down OAC.**MICRA** Lease from \$139 month @ 3.99% APR, \$0 Down for 60 months



THE FASTEST GROWING AUTOMOTIVE BRAND IN CANADA

Based on full-line brands,
on 12 month, year over year rolling unit sales

Nissan 7 DAY SALES DRIVE

FROM
JUNE 13 - 20

OWN

FINANCE[†]
FROM 0% APR FOR UP TO 84 MONTHS
PLUS \$1,000* FINANCE CASH ON SENTRA S M6

1.8 SR model shown[▲]

THE ALL NEW 2016
SENTRA[®]
7 DAY ONLY

GET UP TO
\$2,250* TOTAL CASH PURCHASE CREDIT
ON MOST 2016 SENTRA MODELS | INCLUDES
\$250 BONUS CASH

2016 SENTRA IS AWARDED WITH
TOP SAFETY PICK+
When equipped with Forward Emergency Braking

LEASE

THAT'S LIKE PAYING ONLY
FROM \$258 MONTHLY WITH \$0 DOWN
\$59 WEEKLY ON 2016 ROGUE S FWD

AT 0.99% APR FOR 60 MONTHS



▲ SL AWD Premium model shown

THE ALL NEW 2016
ROGUE[®]
7 DAY ONLY

GET UP TO
\$3,500* TOTAL CASH PURCHASE CREDIT
ON MOST 2016 ROGUE MODELS | INCLUDES
\$750 BONUS CASH

2016 ROGUE IS AWARDED WITH
TOP SAFETY PICK
When equipped with Forward Emergency Braking

VISIT US FOR AMAZING ANNIVERSARY OFFERS!

VERSA NOTE
SENTRA
ROGUE
PATHFINDER
TITAN XD Diesel
MICRA

Lease for only \$39 weekly for 60 months at 0.49%

Now with 0% purchase financing for up to 84 months Plus \$500 finance cash

Lease from \$59 weekly for 60 months at 0.99%

Now with 0% purchase financing for up to 60 months Plus \$500 finance cash

Lease from 3.99% APR up to 60 months, \$0 down OAC.

Lease from \$139 month @ 3.99% APR, \$0 Down for 60 months

MY16

Brasso
NISSAN

47th Anniversary
EVENT

COME VISIT US AT THE GLENMORE AUTO MALL
FOR SOME GREAT OFFERS ON OUR 2016 LINE UP
SAVE BIG! ONLY AT YOUR TRUSTED
NISSAN DEALERSHIP.

Offers available from June 13 - 20, 2016. [†]Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is \$16,529 financed at 0% APR equals 84 monthly payments of \$197 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$16,529. \$1,000 Finance Cash included in advertised offer. *Standard rate finance cash discount of \$6,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Titan through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



metro SPORTS

Maria Sharapova's appeal of her two-year doping ban to the Court of Arbitration for Sport will be ruled upon next month ahead of the Olympics

Farewell to Mr. Hockey

GORDIE HOWE

Thousands pay respects at Joe Louis Arena visitation

Old hockey gloves, jerseys and framed photos were displayed on one side of Gordie Howe's flower-draped coffin, friends and family members were seated on the other.

Standing nearby were some of hockey's biggest names — Wayne Gretzky, Scotty Bowman and Steve Yzerman, to name a few — who swapped stories and shared memories of the man known as Mr. Hockey.

"Somebody said it best this morning that (Jean) Beliveau, the Rocket (Maurice Richard) and Gordie — they were the three people that probably could change a hockey rink into a cathedral," Gretzky said. "And when you walked in, it was more like a church today. It's really special."

The Joe Louis Arena doors opened Tuesday morning for the 12-hour public visitation to honour Howe, who died Friday at age 88.

A steady stream of fans and well-wishers shuffled slowly down a red carpet towards Howe's coffin for the chance to say goodbye to the man many consider to be the greatest player ever.

"There won't be another equal to Gordie Howe in my mind," said Red Wings fan Jim McIntyre of Chatham, Ont. "In my mind, he was the king of hockey and he was also a prince



Mourners and fans paid their respects to Mark Howe, at the visitation for his father Gordie Howe (inset), at Joe Louis Arena on Tuesday in Detroit. BILL PUGLIANO/GETTY IMAGES

of man."

Howe was a star forward for the Red Wings during much of his NHL career, which started in 1946 and ended in 1980. Howe, born in Floral, Sask., played 32 pro seasons and won both the Art Ross Trophy as top scorer and Hart Trophy as MVP on six occasions.

But he could do much more than score. Howe was quick with an elbow and was as tough as nails. Opponents crossed him at their peril.

It was in stark contrast to his style off the ice. Howe was soft-spoken, friendly and had a

When the boys asked me to be a pallbearer today, it was pretty special. Wayne Gretzky

gentle demeanour.

"Wherever I go — anywhere in the world — and people talk about the Red Wings, they talk about Gordie Howe," Yzerman said. "They really do."

Howe set NHL marks with 801 goals and 1,850 points. Those records were eventually eclipsed by Gretzky.

"He's the nicest man I ever met," said Gretzky, his voice cracking with emotion. "I've

been lucky in my lifetime. I got to be part of hosting the Queen, my wife and I got to meet Pope John Paul, I got to light the torch at Vancouver at the Olympic Games and they're all great honours.

"But when the boys asked me to be a pallbearer today, it was pretty special."

Bowman was also among the pallbearers along with former Detroit Tigers outfielder

Al Kaline.

A few dozen fans lined up outside the arena 90 minutes before the opening to be among the first to pay their respects. Others wrote messages of sympathy on two large banners outside the entrance.

Inside the arena, with soft red light shimmering against a black backdrop, the four Stanley Cup banners Howe won with Detroit in the early 1950s were displayed with his retired jersey banner.

Howe's No. 9 was also projected on the arena floor and two screens ran slideshows of old photos.

"He always felt a need to perform each and every game and each and every practice," said Gretzky, who attended with his father Walter. "That's what separated Gordie Howe. That's why he was Gordie Howe."

"He had a definite ambition that he was going to be the best player every night and every year and that's how he lived. He never changed."

Red Wings fan Bud Somerville spent the night on a folding chair outside the rink so that he'd be the first in line. The 60-year-old from Westland, Mich., said he was a teenager when he first met Howe at the old Detroit Olympia arena.

"He's always been my favourite player, just nobody compared to him," he said. "He was the greatest ever. They call Gretzky the greatest, but Mr. Hockey is the greatest."

Howe's funeral, which will also be open to the public, is set for Wednesday at Detroit's Cathedral of the Most Blessed Sacrament. THE ASSOCIATED PRESS

LAS VEGAS

Sin City set to be NHL site

The NHL is ready to roll the dice on Las Vegas.

A person with direct knowledge of the NHL's decision says the league has settled on Las Vegas as the home for its next expansion franchise, provided organizers can come up with a \$500-million fee.

The person spoke Tuesday on condition of anonymity because details of the plans have not been released by the league ahead of its Board of Governors meeting on June 22 in Las Vegas. Quebec City was also strongly considered for expansion.



H-E-double-hockey-sticks yes!

Clark County commission chairman Steve Sisolak

A second person who had been briefed on the decision said Las Vegas was a "done deal" following the recommendation of the NHL's executive committee.

The Vegas franchise is expected to begin play in the 2017-18 season, the earliest the league could expand, according to a third person who has been briefed on the decision.

The franchise would be the NHL's 31st team and the first major professional sports franchise in Las Vegas, the rapidly growing gambling centre of the American West.

The NHL hasn't expanded since 2000, when Minnesota and Columbus paid \$80 million each to join the league. Prospective Vegas owner Bill Foley is a wealthy businessman who isn't likely to blink at the elevated price tag previously proposed by NHL Commissioner Gary Bettman as an expansion fee.

The Las Vegas bid says it has secured more than 14,000 season-ticket deposits for the new team, which will play in T-Mobile Arena, the sparkling new multi-purpose building on the south end of the Las Vegas Strip. The arena, which seats 17,500 for hockey, was built entirely with private money by MGM Resorts International and Anschutz Entertainment Group, the owners of the Los Angeles Kings.

THE ASSOCIATED PRESS

SOCCER

Iceland keep cool on biggest stage

EURO 2016 GROUP STAGE

A goal from Birkir Bjarnason earned Iceland a shock 1-1 draw with Cristiano Ronaldo's Portugal on Tuesday at the European Championship, the tiny Scandinavian nation's first ever match at a major tournament.

Iceland, which managed only four shots to Portugal's

25, was second best most of the Group F game and trailed to a first half strike by Nani. But its players showed resilience throughout, and took advantage of Portugal's profligacy in front of goal.

At Stade de Bordeaux, Adam Szalai gave Hungary the lead in a 2-0 win over Austria and substitute Zoltan Stieber added the other after Austria was reduced to 10 men when Aleksandar Dragovic was shown a second yellow card. THE ASSOCIATED PRESS

IN BRIEF



We're still in a great position.

Warriors' Klay Thompson after Monday's 112-97 loss to the Cavaliers that sent the series back to Cleveland for Game 6 on Thursday night.

TORONTO 11, PHILADELPHIA 3

Donaldson's slam paces Jays laugher

Josh Donaldson hit a grand slam while driving in five runs and Marcus Stroman pitched seven strong innings as the Toronto Blue Jays blew out the Philadelphia Phillies 11-3 Tuesday afternoon.

Donaldson went 3-for-4 with two doubles to go along with his grand slam while scoring three runs. The 2015 American League MVP feasted off Phillies starter Zach Eflin (0-1), who was making his MLB debut.

Toronto's bats came alive,

pounding out 14 hits after being shutout by Philadelphia 7-0 on Monday night.

The 22-year-old Eflin gave up nine runs (eight earned), and nine hits over 2-2/3 innings.

Stroman (6-2), who had a 7.58 earned-run average in his past three starts, gave up just give six hits and two runs, while striking out six.

Toronto (36-31) has now won four of its past five, scoring 36 runs in the process.

THE CANADIAN PRESS

NFL

Cowboys back hurt in iPhone mishap

Darren McFadden fractured his right elbow trying to keep his new iPhone from hitting the ground and cracking.

The Dallas running back is likely to miss the start of training camp as a result, and fourth overall pick Ezekiel Elliott is that much closer to starting.

McFadden's injury happened at home over Memorial Day

weekend, and he missed the next voluntary practice that was open to reporters. But he returned to workouts last week, eventually telling trainers that the elbow was still bothering him.

The fracture showed up on X-rays as part of the physical before mandatory minicamp that started Tuesday, the same

day of surgery for the Cowboys' leading rusher in 2015.

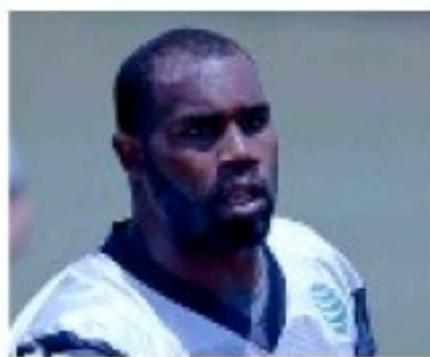
Coach Jason Garrett said McFadden would miss "at least a couple of months," and training camp in California starts in late July. The Cowboys hope to have him ready for the season opener.

"He's real tough," said running backs coach Gary Brown, who said McFadden fell and

saved his phone while breaking his elbow.

"He didn't want to miss any time. He understands what's going on and how this business works and you really got to appreciate that about him because I know I do."

McFadden finished fourth in the NFL last year with 1,089 yards rushing. THE ASSOCIATED PRESS



McFadden ASSOCIATED PRESS FILE

Service Directory

PSYCHICS

INDIAN ASTROLOGER PANDIT: KALBHAIRAV BABA JI



Expert in Patra Reading,
Open Book, Palm, Reading,
Horoscope Photo Reading,
Face Reading, Name &
Date of Birth. Pandit is Expert in
Removing Black Magic, Generation
Curses, Black Hearts, Voodoo,
Jadoo, Butu, Witchcraft, Obeau, Evil Spirits & Bad Luck.



Are you Suffering from any of the Following Problems?

- Black Magic
- Business
- Evil Spirits
- Bad Luck
- Work Problems
- Financial Problems
- Reunite Lovers
- Wife & Husband Pro
- Children Mistakes
- Court Cases
- Mortage
- Drinking Problems
- Health Protection
- House Protection
- Childless Couples
- Sexual Problems
- Lottery
- Success in Life

403-918-4353

Open 7 Days 10am-8pm Call for appointment

5221 MARBANK DR

AT INTERSECTION OF 52 STREET NE

ASTROLOGER

Sri maha laxmi matha ASTROLOGER. PSYCHIC & PALM READER GURUJI: DK SHARMA



GURUJI IS AN EXPERT IN REMOVING
BLACK MAGIC, GENERATION
CURSE (VOODOO, JADOO, BUTU,
WITCHCRAFT, OBEAU, EVIL SPIRITS
AND BAD LUCK)



READING: HAND • FACE
HOROSCOPE • BIRTH • PHOTO

DK SHARMA SOLVES PROBLEMS LIKE:

- Bad Luck
- Psychological Issues
- Black Magic
- Business & Work Problems
- Evil Spirits
- Financial/Mortgage Issues
- Family Problems
- Family/Children Issues
- Reunite Spouses
- Depression
- Success In Life
- Lottery
- Courts
- Drinking Issues
- Protection for Health & Home
- Getting Pregnant

IMMEDIATE RESULTS!

403-680-5465

44 AVE. WHITEHORN, N.E. CALGARY

OPEN 7 DAYS/WEEK 10 AM – 8 PM

CALL TODAY
to see your ad in the
Service Directory!

FINANCIAL



credit700.ca

\$750 Loan and more No credit check

Open 7 days from 8 to 8 (EST)

Call us or apply online

1-855-527-4368
www.credit700.ca

LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS

NW, NE and SW quarters of 8:22;1:W5M

Three Adjacent Quarters close to the City of Calgary
to be sold individually or together

Parcel A - NW 1/4, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE 1/4 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW 1/4 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS

West 1/2 of 30:20:1:W5M and Acreage at 0514212;1:2

(located within NW 1/4 of 30:20:1:W5M)

Parcel A - West 1/2 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (+/-) located within the NW 1/4 of 30:20:1:W5M and includes a 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lucy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

LUCY R. WONG, BENNETT JONES LLP CALGARY
4500 Bankers Hall East, 855 - 2nd Street S.W., Calgary, AB, T2P 4K7
P: 403.298.3079 | E: WongL@bennettjones.com

ASTROLOGER



UNIQUE SPIRITUALIST,
PSYCHIC & FORTUNE TELLER

Pandit: M K JOSHI

Now your past, present & future.
100% Removes black magic.

I remove problems: <ul style="list-style-type: none"> • Bad luck • Depression • Suffering • Embarrassment • Hard time • Black magic 	I give solutions: <ul style="list-style-type: none"> • Business • Health • Financial matter • Job • Lotto number • Spousal conflicts • Love & marriage
--	--

If you have belief in yourself, come & meet me & get 100% solutions.
SORT OUT ANY KINDS OF PROBLEM IN 48 HOURS. SATISFACTION
100% GUARANTEED. NOBODY BREAK MY WORK.

**GOD IS BELIEF,
BELIEVE IS ASTROLOGY.**
Open 7 days a week 10am – 8pm – Call for appointment

403.560.5307
MARTINGLEN WAY NE (NEAR SUPERSTORE)

WORKSHOP



All Citizens Christian Pentecostal Ministries

Understanding

STRESS ANXIETY DEPRESSION

Come let's talk about it

SPEAKERS:

- Dr. Asha Nair
- Dr. Joseph Oyeyemi
- Dr. Martin Agwaze

FACILITATOR:

- Dr. Kunle Oyekanmi

Venue: Rundle Community Hall
2409 50 Street N.E., Calgary

Date: Sunday, June 26th, 2016

Time: 5:30 p.m.



**ABUNDANT LIFE
HERE AND AFTER**



Calgary
metro

RECIPE Lemon Linguini

PHOTO: MAYA VISAYEN

Ceri Marsh & Laura Keogh
For Metro Canada

Summer doesn't have to mean forgetting all about pasta for three months. This elegant linguini dish is zingy from citrus, yet has a light, creamy texture.

Ready in
Prep time: 10 mintues
Cook time: 10 mintues

Ingredients

- 1500 gram package of linguini
- 3 lemons, juiced
- 1 lemon, zested
- 6 Tbsp olive oil
- 1/2 cup Parmesan cheese, grated
- handful of basil, washed and sliced into strips
- salt and pepper to taste

Directions

1. Cook pasta according to package instructions. Scoop out about a cup of the cooking water before draining and set aside.
2. While pasta is cooking mix together lemon juice, zest, oil, Parmesan in a small bowl.
3. Place drained pasta back into the pot. Pour the sauce over the pasta and toss well until the cheese melts and each strand of pasta is well coated. You can add a bit of cooking water if you need to loosen up your sauce.
4. Add in the basil and toss again. Serve with a sprinkle of Parmesan

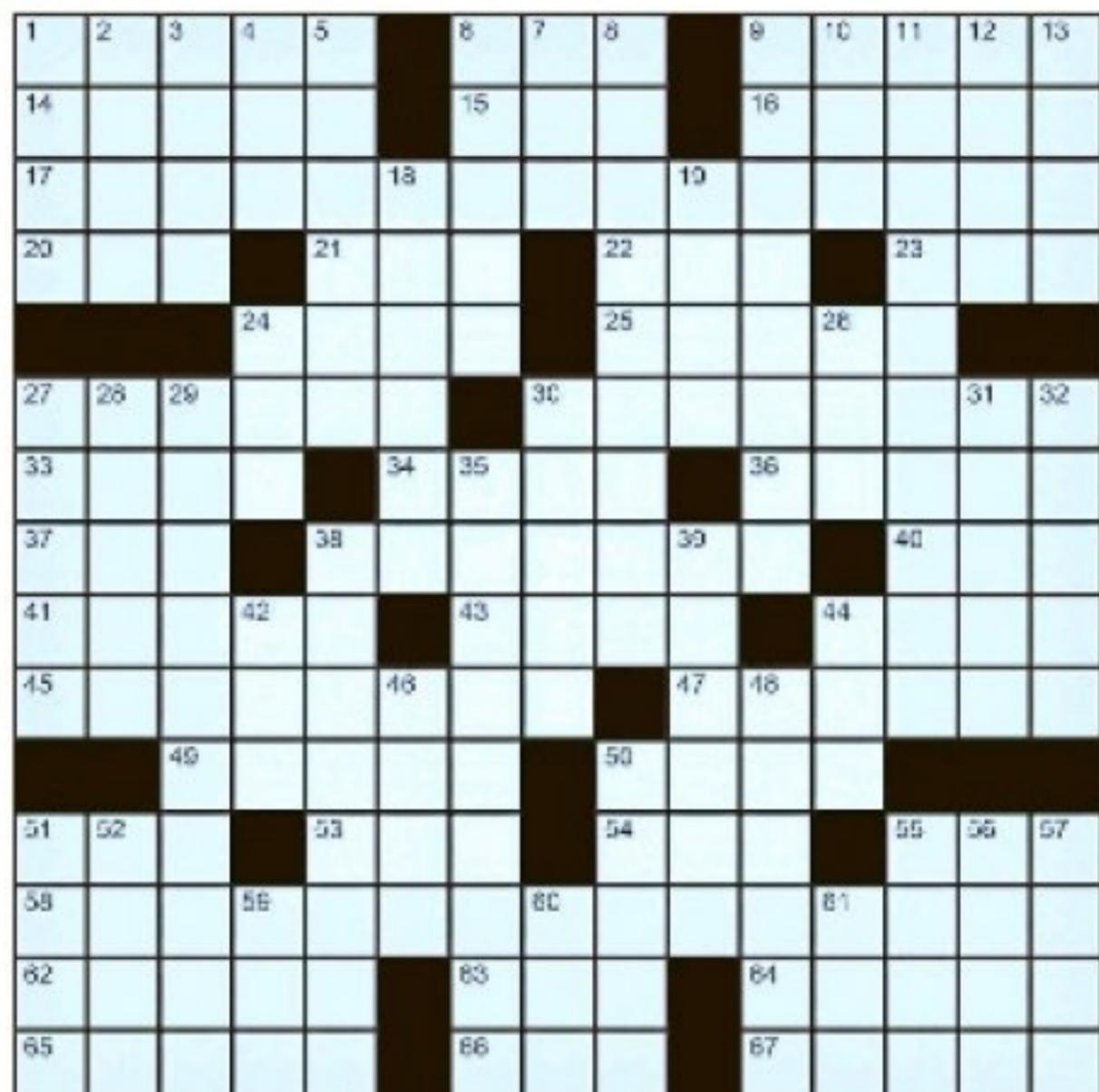
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Cary of "The Princess Bride" (1987)
6. Research _
9. Honolulu parties
14. Saskatchewan town south of Prince Albert
15. WWW address
16. Accepted practice
17. Promptly-pallid plane passenger props: 3 wds.
20. Ottawa gr.
21. Never: German
22. Bill the Cat's exclamation in comics!
23. "Zoolander" (2001) star ...his initials-sharers
24. 'A' in CIA [abbr.]
25. Hot chocolate
27. Arbitrate
30. Defeated
33. 'Confl' - 'Contrad' - 'Constr' completers
34. Scarce
36. 'Your' in French
37. "Well, __di-dah."
38. The current Mayor of Montreal, Denis _
40. 'Absorb' suffix
41. For __ see (Open for the public)
43. Flower shop piece
44. Creamy cheese
45. Washes
47. Bellowing burro
49. Exclusive circle
50. __ Canal
51. Mtl. football players
53. Alternatives
54. Calgary Stampeder org.
55. Sugar amt.
58. Elusive quest for



explorer Juan Ponce de Leon: 3 wds.
de Leon: 3 wds.
49. Exclusive circle
50. __ Canal
51. Mtl. football players
53. Alternatives
54. Calgary Stampeder org.
55. Sugar amt.
58. Elusive quest for

DOWN

1. Mr. McGregor
2. __-back (Relaxed)
3. TV sitcom radio station
4. Lou Grant's portrayer ...his initials-sharers
6. Tide types
7. Prince Valiant's son
8. Stadium seats waaaay out there
9. Canada's Capital Region... Geological passage-of-marble at-
10. Computer's lettered port
11. __ (item to help power up a TV remote control)
12. Australian boots
13. Legis. meeting
14. Director Mr. Luhrmann
15. "... whatever will be, will be..."
16. Turn to for trusty support: 2 wds.
17. Mark with notches
18. Off Place" (1993) starring Reese Witherspoon
19. Bulk-carrying barge
20. Three-toed sloths
21. Motto of Montana, __ y Plata (Gold and Silver)
22. Lavender
23. " __ Your Name" by The Beatles
24. Sporty style
25. Financial officer, e.g.
26. Bert's muppet pal
27. Discourage
28. Hardship
29. Imply
30. Bluntly reject
31. Shoe hue
32. Director Mr. Luhrmann
33. " __ Your Name" by The Beatles
34. Sporty style
35. Financial officer, e.g.
36. Bluntly reject
37. Shoe hue
38. Director Mr. Luhrmann
39. Hardship
40. Imply
41. Bluntly reject
42. Shoe hue
43. Director Mr. Luhrmann
44. Hardship
45. Imply
46. Bluntly reject
47. Shoe hue
48. Director Mr. Luhrmann
49. Hardship
50. Imply
51. Bluntly reject
52. Shoe hue
53. Director Mr. Luhrmann
54. Hardship
55. Imply
56. Bluntly reject
57. Shoe hue
58. Director Mr. Luhrmann
59. Hardship
60. Imply
61. Bluntly reject

song that goes "... boat is painted green / Ha, me boys!"

traction in Gatineau Park: 2 wds.

10. Computer's lettered port

11. __ (item to help power up a TV remote control)

12. Australian boots

13. Legis. meeting

14. Director Mr. Luhrmann

15. "... whatever will be, will be..."

16. Turn to for trusty support: 2 wds.

17. Mark with notches

18. Off Place" (1993) starring Reese Witherspoon

19. Bulk-carrying barge

20. Three-toed sloths

21. Motto of Montana, __ y Plata (Gold and Silver)

22. Lavender

23. " __ Your Name" by The Beatles

24. Sporty style

25. Financial officer, e.g.

26. Bert's muppet pal

27. Discourage

28. Hardship

29. Imply

30. Bluntly reject

31. Shoe hue

32. Director Mr. Luhrmann

33. " __ Your Name" by The Beatles

34. Sporty style

35. Financial officer, e.g.

36. Bluntly reject

37. Shoe hue

38. Director Mr. Luhrmann

39. Hardship

40. Imply

41. Bluntly reject

42. Shoe hue

43. Director Mr. Luhrmann

44. Hardship

45. Imply

46. Bluntly reject

47. Shoe hue

48. Director Mr. Luhrmann

49. Hardship

50. Imply

51. Bluntly reject

52. Shoe hue

53. Director Mr. Luhrmann

54. Hardship

55. Imply

56. Bluntly reject

57. Shoe hue

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8	2	7	9	6	
6						5
4						9
6						3
8	2		3	5	4	7
7						1
2						5
	1		5			4
	7	3	8	6	1	

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your communication skills are fabulous today. In fact, you can make money with your words, which is good news for those of you who sell, market, write, edit, teach and act.

Taurus April 21 - May 21
This is an excellent day for business and finance. In fact, all financial negotiations will be favorable to you. Shop for beautiful things for yourself and your loved ones.

Gemini May 22 - June 21
Because everyone is laid-back and mellow today, you will get along easily with all your contacts. You might be attracted to the arts and/or buy beautiful things.

Cancer June 22 - July 23
Solitude in beautiful surroundings will please you today. You want to mellow out; at the same time, you want to appreciate the beauty around you.

Leo July 24 - Aug. 23
You will enjoy entertaining at home today. Likewise, you will enjoy redecorating your home, because you want everything to be comfy, cozy and inviting!

Virgo Aug. 24 - Sept. 23
Relations with daily contacts are excellent today, because you are so charming. Enjoy talking to siblings, relatives and neighbors. This is also a good day for writers.

Libra Sept. 24 - Oct. 23
You love beautiful surroundings, and today you will want to buy beautiful things for your surroundings. On the whole, this is a good day for financial matters.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, dancing beautifully with fair Venus. This promotes all your relations with others and stimulates your interest in the arts.

Sagittarius Nov. 23 - Dec. 21
It will benefit you to work alone or behind the scenes today, even if you're dealing with members of the general public. Quite likely, whatever you do will work out well.

Capricorn Dec. 22 - Jan. 20
Relations with a female acquaintance will be positive today. Someone might give you tips on how to improve your health.

Aquarius Jan. 21 - Feb. 19
You shine in the eyes of others today, especially bosses, parents, teachers, VIPs and the police. Because people think so highly of you, use this to your advantage!

Pisces Feb. 20 - March 20
Travel for pleasure appeals today. In fact, any opportunity to enjoy beautiful places or arts and crafts of other countries will delight you.

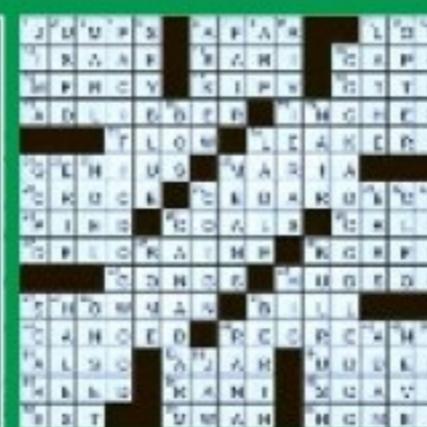
SCORE THE PERFECT FATHER'S DAY GIFT!
\$59.99*

www.mymetrostore.ca

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



MYSTIC EYE SPIRITUAL READINGS
58 YEARS EXPERIENCE
100% GUARANTEED RESULTS
Specializing in reuniting loved ones
Removes all bad luck spells & negative energy
100% guaranteed results
403.228.2258
SOLVE ALL PROBLEMS OF LIFE

COME IN TODAY
FOR A BETTER
TOMORROW
PALM
WTAROT
ENERGY
READINGS

BIG 4

0% FOR 72 MONTHS!

ON ALL JEEP WRANGLERS! FIRST TIME EVER!!!

2016 JEEP PATRIOT 4X4

HIGH-ALTITUDE EDITION

16J082 LOADED WITH AUTO • HEATED LEATHER SEATS • SUNROOF
ALLOY WHEELS • FOG LAMPS • BLUETOOTH AND MUCH, MUCH MORE!



4x4 CALGARY'S
BEST DEAL!

\$23,998

OR PAY \$136 BIWEEKLY

2016 JEEP CHEROKEE SPORT

16J154 • HEATED SEATS/STEERING WHEEL • REMOTE START • BACKUP
CAM • AUTOMATIC AND MUCH MORE!



0% 84 MONTH
FINANCING

\$29,998

OR PAY \$169 BIWEEKLY

CALGARY'S BEST SELECTION! WE ARE YOUR WRANGLER EXPERTS!

WHY BUY A WRANGLER NOW?

LOWER PAYMENTS!

0% YOUR PAYMENTS
WILL NEVER BE
LOWER!

U.S BUYERS WANT YOUR TRADE!

YOUR TRADE-IN
VALUE HAS NEVER
BEEN HIGHER!

INCREDIBLE CHOICE!

55 OVER 55
WRANGLERS
AVAILABLE NOW!

2016 JEEP WRANGLER

4X4'S STARTING FROM



\$34,998

OR PAY \$193 BIWEEKLY

2016 JEEP CHEROKEE LIMITED*

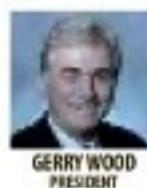
16J149 • ALL THE FEATURES OF CHEROKEE SPORT PLUS: LEATHER
PANORAMIC ROOF • NAV • AND SO MUCH MORE!



0% 84 MONTH
FINANCING

\$39,990

OR PAY \$211 BIWEEKLY



GERRY WOOD
PRESIDENT
WOOD AUTO GROUP



ROB COLEMAN
DEALER PRINCIPAL
20 YEARS



MARTIN VENERI
SALES MANAGER
9 YEARS



DARCY SCHINNOUR
SALES MANAGER
19 YEARS



SCOTT CLAY
5 YEARS



DAN MILLS
21 YEARS



JOHAN DEDEUGD
10 YEARS



HAN KIM
24 YEARS



JOE CHIARIZIO
48 YEARS



AARON SNOWIE
8 YEARS



MICHAEL CYBULSKI
10 YEARS



PHIL LAWRENCE
22 YEARS



JOHN QUINLAN
13 YEARS



BILLY MANSOUR
1 YEAR



SCOTT SCHINNOUR
5 YEARS



ARNIE TER MORS
5 YEARS

RAY BURNETT
10 YEARS

JIM NARFASON
22 YEARS



CALGARY'S MOST-EXPERIENCED TEAM HAS THE ANSWERS!

7330 MACLEOD TRAIL S. NORTH OF HERITAGE DR.



(403) 451-6193 www.BIG4MOTORS.com



AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 3.49% (PATRIOT), 1.99% (CHEROKEE) 2.99% (WRANGLER) WITH \$0 DOWNPAYMENT. COB=\$4,163.97 (16J082). *ALL REBATES TO DEALER (INCLUDING ALL JEEP LOYALTY/CONQUEST CASH. MUST HAVE A JEEP OR COMPETITIVE SUV TO QUALIFY). VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

